



怡康全人發展中心

Centre for Holistic Health

靜觀之旅

Journey of Mindfulness

研究證明 靜觀 有效改善焦慮和抑鬱的情緒

Studies have demonstrated the effectiveness of mindfulness in improving anxiety and depression

內容

- * 透過靜觀練習提升非批判性的自我察覺
- * 學習察覺當下
- * 學習安頓心靈及與困難共相處

Content

- * Practice being present & self-aware in a non-judgmental way through mindfulness
- * Practice to create peace of mind & be with difficult thoughts

日期 Date :

28/2, 6/3, 13/3, 20/3, 27/3/2018

(連續 5 個星期二)

5 consecutive Tuesday mornings

時間 Time:

10am—12pm

活動地點 Venue :

Whitehorse Community Resource Centre,

L1, 79, Mahoneys Rd, Forest Hill, Vic 3131

(鄰近 Forest Hill Shopping Centre)

語言 Language :

廣東話 Cantonese

導師 Instructor :

潘鳳賢 Ada Poon

費用 Fee :

\$10 (5 堂)

報名或查詢 Enquiry :

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微信聯系

We Chat

Contact:

