



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

- \* 透過靜觀呼吸、靜觀步行、身體掃描、品嚐食物、聆聽聲音、伸展拉筋練習來提升非批判性的自我察覺
- \* 學習如何察覺當下
- \* 學習安頓心靈及與困難共處

### Content

- \* Practice being present & self-aware in a non-judgmental way through observing oneself breathing, body scan, mindful walking, tasting food, listening sound and stretching exercises
- \* Practice to create peace of mind & be with difficult thoughts

日期 Date :

4/9, 11/9, 18/9, 25/9, 2/10, 9/10/2018

(6個星期二) 6 Tuesday mornings / evenings

時間 Time:

早上班 Morning class 10am—12pm (普通話Mandarin)

黃昏班 Evening class 7:00-9:00pm (廣東話Cantonese)

活動地點 Venue :

Whitehorse Community Resource Centre,

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

(鄰近 Forest Hill Shopping Centre)

導師 Instructor :

潘鳳賢 Ada Poon

費用 Fee :

\$20 (6 堂)

報名或查詢 Enquiry :

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微信聯系

We Chat

Contact:

