

Day of Mindfulness (DOM)

Co-organized by

Centre for Religious and Spirituality Education, EUHK & Plum Village Mindfulness Academy

www.eduhk.hk/crse Email: crse@eduhk.hk

www.pvfhk.org Email: aiab@pvfhk.org



Zen Master Thich Nhat Hanh's calligraphy

Zen Master Thich Nhat Hanh and the Plum Village community recognize the importance of creating sustainable and lasting programs in schools that maintain the happiness and well-being of teachers, administrators, students and parents.

We care about your personal well-being and happiness, and believe that this is essential in creating a favourable learning environment. In our extensive work with educators around the world, we have seen that when the teacher is personally supported by mindfulness practice, the positive impact is naturally transmitted into the classroom.

Target: all education professionals, students and parents are welcome, regardless of your religious background and teaching experience

Date:	Mar 26, 2022
	May 28, 2022
	Jun 25, 2022
	Sep 24, 2022
	Nov 26, 2022

Program

0930	Walking meditation
1030	Lecture
1230	Mindful Lunch (Please bring your own veggie-packed lunch)
1315	Rest
1400	Total Relaxation
1500	Group sharing
1630	Farewell

Fee: free of charge

Venue: The Educational University, 10 Lo Ping Road, Tai Po, NT. – Block B3, Quiet Room (B3-P-09A)

Registration: The registration window will be open two weeks prior the event in www.eduhk.hk/crse. After registered, you will receive a confirmation email on Wednesday prior to the event. You can send email to crse@eduhk.hk if there is any question on registration.

Due to the COVID-19, face-to-face program is temporary changed to online. The program is also changed. Please refer to the updates.