

TOTAL RELAXATION WORKSHOP

it's okay to take a break.

sometimes when we take a rest, we can
find peace in ourselves, and then
peaceful energy could be generated in
the world.

in this workshop we will do nothing but
relax. no need to prepare or bring
anything. let's have some quite moment
with your body, and your heart.

Oct 31 (Mon), 2022
1:00 to 2:00 PM
B5, Ho Tim Building



Guided by Esther Ho & Sarah Luk
In Cantonese/Mandarin/English
Open to CU students

Seats are limited
Scan the QR code to reserve

