

正念

Mindfulness

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Course Objective:

- 正念基礎課程

Course Syllabus:

- 課程以循序漸進學習方法介紹正念 (mindfulness) 的資料。並主要透過 (BEST) Body, Emotion, Sensation, Thought 四方面來逐一講解和作堂上練習。
- 透過日常生活練習，提升個人的覺察力，從而達到個人身心靈的平衡。

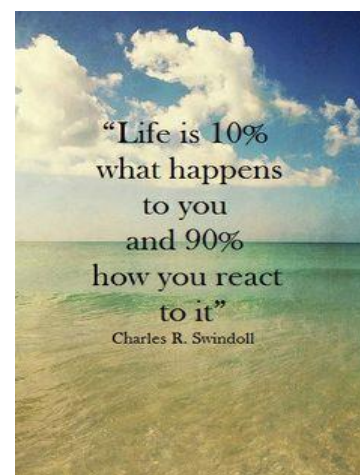
Course Arrangement:

Date	March 1, 2017 – May 24, 2017 (except May 3)
Time	7:30p.m.-9:30p.m. (Every Wednesday)
Total Hours	24 hours
No. of Sessions	12 sessions
Lecturer	伍靜婷小姐 Ms. Alice Ng MA (HKU); MPhil, BSc(CUHK)
Medium of Instruction	Cantonese
Venue	Community College of City University, Telford Annex, Kowloon Bay
Tuition Fee	HK\$1,920
Special Discount	HK\$1,728*
Application Procedures	Please return the completed application form together with a crossed cheque, made payable to “Community College of City University” to the College Office.

*Remarks

1. A 10% discount will be offered to City University and Community College of City University students, graduates, staff or members of their immediate family.
2. Early bird discount at 10% is available for applications made **2 weeks** before the payment deadline.
3. Applicants may enjoy a maximum discount of 10% for each course.

Payment deadline: One week before course commencement



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