



***Be Still and Heal: Healing by stopping, calming,
resting and looking deeply***

A Day of Mindfulness (one-day retreat)
for Health Care and Human Service Professionals
from 9:30 to 16:30 on Saturday Jan 2, 2016
at Centre on Behavioral Health, The University of Hong Kong

December 7, 2015

Dear friends,

You are invited to attend a Day of Mindfulness (DOM) for health care and human service professionals, co-organized by HKU Centre on Behavioral Health and Plum Village Mindfulness Academy - Hong Kong. This DOM is part of our “Healthy Body, Healthy Mind” Initiative to integrate mindfulness practices to the physical and mental health fields.

The foundations of this initiative are the teachings and practices of Mindfulness based on the Discourse on Full Awareness of Breathing (Anapanasati Sutta) and the Discourse on the Four Establishments of Mindfulness (Satipatthana Sutta), as taught by the Buddha about 2600 years ago. We also studied how the mind works, based on the teachings of Manifestation- Only Psychology, which was systematized in the 4th century by the Indian Buddhist monk and philosopher Vasubandhu of the Yogacara Buddhist School. Zen Master Thich Nhat Hanh has used these teachings to form the foundation for meditation practices to help us nourish our body and mind, to develop insight and to help us transform pain and suffering into peace and happiness. Even though the teachings are from Buddhist tradition, the practices are non-sectarian and are open to people of all faith.



In this DOM, we will look into how being still could help us heal. Our body has the capacity to heal, when it is given time to stop, to calm and to rest. Stopping, calming and resting begin with mindful breaths, bringing the mind back to the body, dwelling in the present moment so we can be aware of what’s happening in our body, feelings, perceptions, mental formations and consciousness. We will look into the five steps of healing via the art of stopping and looking deeply, as taught by Zen Master Thich Nhat Hanh: [recognition, acceptance, embracing, looking deeply and insight.](#) Stopping gives us the chance to recognize, to accept, to embrace, and to look deeply into our difficulties. Insights arise when we look deeply into our feelings, perceptions, mental formations and see how we our consciousness



process them. The insight of “being in the present moment” can help us overcome bad habits like gluing our eyes to the smart phone while riding escalators, which could cause injuries. The insight of impermanence can transform the pain and suffering while coping with the loss of loved ones.



In the day of mindfulness, we will learn the practice of going back to our breath, anchoring our mind in the in-breath and out-breath. We become calm and clear when the mind and body are together in one place, with the help of our mindful breath. We will practice listening to the bell, walking meditation, eating meditation, exercise meditation (mindful movements), and relaxation meditation (total relaxation) ... We practice to stop, to slowdown the thinking in our mind via bodily actions.

You can find more information about activities of past days of mindfulness at <http://mindfulnessacademy.org/en/programs/health-care-dom>

A sample program for the day of mindfulness is as follow:

- 9:30 Sitting and slow walking meditation (indoor)
- 10:30 Lecture
- 12:30 Lunch
- 13:30 Total relaxation
- 14:30 Group discussion
- 16:00 Walking meditation (outdoor).
- 16:30 Farewell

Location:



**Centre on Behavioral Health
University of Hong Kong**
2/F The Hong Kong Jockey Club
Building for Interdisciplinary Research
5 Sassoon Road, Pokfulam
Hong Kong

Bus

- From Central*
4, 7, 90B, 91, 94, M49
- From Admiralty*
40, 40M, 46X
- From Kowloon*
970, 970X, 973

Direction
Please get off bus at Queen Mary Hospital, cross the footbridge and walk down along the slope

Minibus

- From Central (Exchange Square)*
8
- From Causeway Bay*
28

Centre on Behavioral Health,
The University of Hong Kong
2/F, 5 Sassoon Road, Pokfulam, HK.

香港大學行為健康教研中心
香港薄扶林沙宣道5號2樓

Fees: HKD200.00
(including vegetarian lunch and tea)

How to register

Please fill in the below registration form along with the cheque and mail to Centre on Behavioral Health, HKU.

For details please refer to Plum Village Mindfulness Academy Website at mindfulnessacademy.org



Registration Form

<Be Still and Heal: Healing by stopping, calming, resting and looking deeply >

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Please return the completed Registration Form along with the cheque by mail or in person to the below address. Please make cheque payable to **“The University of Hong Kong”**. An email reminder will be sent to you upon receipt of your payment.

Centre on Behavioral Health, The University of Hong Kong

2/F., 5 Sassoon Road, Pokfulam, Hong Kong)

Enquiry - Tel: 2831-5158 Fax: 2816-6710

Fee: HK\$200.00 (Fee paid is not refundable)

Title (please tick as appropriate): Prof Dr Mr Mrs Ms

First name: _____ Last name: _____

Correspondence address:

Tel: _____ Fax: _____ #Email: _____

Organization: _____ Health Care Profession: _____

Gender: M F

Age group:

<input type="checkbox"/> 20 or below	<input type="checkbox"/> 41-50
<input type="checkbox"/> 21-30	<input type="checkbox"/> 51-60
<input type="checkbox"/> 31-40	<input type="checkbox"/> 60 or above

Previous experience in Plum Village practice:

- None, it's my first time joining Plum Village practice
- Yes – DOM
- Yes - Residential retreat
- Yes – other practice activities facilitated by Plum Village sangha

Signature: _____ Date: _____