



Plum Village Mindfulness Academy

An Institute for Research, Education and Training in Mindfulness



香港大學行為健康教研中心
Centre on Behavioral Health, HKU

BE A GOOD FRIEND TO OUR BODY

A Day of Mindfulness (one-day retreat)

for Health Care and Human Service Professionals

from 9:30 to 16:30 on Saturday July 9, 2016

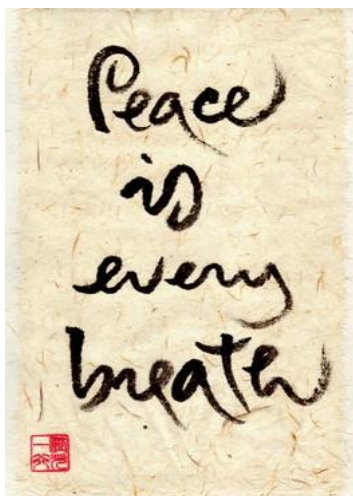
at Centre on Behavioral Health, The University of Hong Kong

June 6, 2016

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.



For this DOM, we will learn how to be a good friend with our own body based on the first foundation of mindfulness, the contemplating the body in the body. The energy of Mindfulness will help us to be mindful of our in-breath and out-breath. Being aware of our breaths is to be aware of our body, which helps us to be aware of our feelings, perceptions, mental formation and consciousness. We can develop specific exercises to get in touch with our feelings, mental formations, and perceptions. Why is this important? Consider someone who suffers from performance anxiety. He can take the medication propranolol or to practice mindful breathing to calm down. However, this only takes care of the symptoms. We need to look deeply into the fear of not being accepted, of not being loved for not having a good performance. Hence, the need to look into our feelings, perceptions, mental formations and consciousness.

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. Registration is on a first-come-first serve basis. There are only 60 spaces available.

For more information, please contact us at
Centre on Behavioral Health, email:
bhealth@hku.hk; Tel: (852) 2831 5163



Registration Form

<Be A Good Friend to our body>

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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: _____