



賽馬會「知情達意育優才」計劃 Jockey Club Gifted in Bloom--Harmony in Heart & Mind Programme

Parent and Teacher Course

Mindful Yoga for Calmness and Wellbeing (J2OTH001C)

Date and Time	Target Group
4, 11, 25 May & 1 June 2021 6:00 p.m. – 8:00 p.m. (2 hours)	Parents and Teachers of gifted children (priority will be given to parents of HKAGE student members)

Venue : Room 105, The Hong Kong Academy for Gifted Education (HKAGE)
Sha Kok Estate, Shatin, New Territories, Hong Kong
(Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)

Teacher : Charlotte In White (Yoga & Meditation Teacher)

Content : Living in a busy & fast-paced city makes us stressed. Yoga, a popular sport in recent years; meditation, a stress-relief method with growing supporters; can the combination of yoga and meditation help us find a balance between mind and body? In this course, participants can experience both meditation and asana practice and explore whether it is an effective way to achieve mindfulness.

Objectives : Upon completion of the course, the participants should be able to:

1. identify basic meditation techniques;
2. identify basic asana practice and consider if it is useful for enabling mindfulness;
3. describe the meaning of mindfulness and how to practice mindfulness in everyday life.

Medium of Instruction : Cantonese

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- Fee** : Free of charge (Funded by The Hong Kong Jockey Club Charities Trust)
- Quota** : 20
- Registration Information** : Parents and teachers should register through the online registration platform on HKAGE website.
Registration link:
<https://hkage.org.hk/b5/academy/Registration/selector.php?pid=67>
- Deadline for Registration** : 29 April 2020 (Thursday) (12:00 noon)
- Notes:
1. Due to limited capacity, registration will be accepted on a first-come-first-served basis;
 2. Registrants will be notified of the outcome by 30 April 2020 (Friday) through email.
- Enquiry** : Tel: 3940 0513, or Email: jc@hkage.org.hk
- Remarks** :
1. **Each Participant should bring 1 yoga mat and 1 yoga blog to the course. If the participant does not have yoga blog, he/she could bring an oversized bath towel instead.**
 2. The course organiser (HKAGE) will take photos and / or videos during the seminar. The photos and / or videos may be reproduced in electronic forms and / or printed publications for educational, research and marketing purposes upon the participants' consensus in registration;
 3. Parking arrangements: No visitor parking spaces are available at HKAGE. You may park your car in the car parks nearby.

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Introduction to teacher:

Charlotte In White 林偉欣

(@charlotteinwhite)



Charlotte is a Yoga & Meditation Teacher, Photographer and Writer.

Starting from a personal blog, and now evolve to book, magazine columns and social media, Charlotte has been sharing her passion in plant-based & simple living since 2016. With her interest in mindful lifestyle and holistic wellness, Charlotte has also attained RYT-200 yoga teacher training in 2019 and mindfulness yoga teacher training (150 hrs) in 2020. Since then she has transformed her online influence to an offline connection with her students in her mindful and grounding classes.