



Coping with strong emotions

A Day of Mindfulness (one-day retreat)

for Health Care and Human Service Professionals

from 9:30 to 16:30 on Saturday July 8th, 2017

at Centre on Behavioral Health, The University of Hong Kong

June 5th, 2017

Dear friends,

You are invited to attend a Day of Mindfulness (DOM) for health care and human service professionals, co-organized by Centre on Behavioral Health, HKU 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 to understand our mind, which is usually called mental formations in Buddhist psychology and as mental or emotional states in Western Psychology. We will learn how to be aware, to concentrate, to calm and to free our mind. Mindful breathing is the key to being aware of our mind because it brings the mind and body back together in the here and now. We can cope with strong emotions better if we are aware of them.

“When his mind is desiring, the practitioner is aware, ‘My mind is desiring.’ When his mind is not desiring, he is aware, ‘My mind is not desiring.’ When his mind is hating something, he is aware, ‘My mind is hating.’ When his mind is not hating, he is aware, ‘My mind is not hating.’ When his mind is in a state of ignorance, he is aware, ‘My mind is in a state of ignorance.’ When his mind is not in a state of ignorance, he is aware, ‘My mind is not in a state of ignorance.’ When his mind is collected, he is aware, ‘My mind is collected.’ When his mind is not collected, he is aware, ‘My mind is not collected.’ When his mind is distracted, he is aware, ‘My mind is distracted.’ When his mind is not distracted, he is aware, ‘My mind is not distracted.’ - *Discourse on the Four Establishments of Mindfulness*

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 - Mindful eating
- 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
G/F., SR5, 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號地下5號室
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

<Coping with Strong Emotions>

A Day of Mindfulness (one-day retreat)

for Health Care and Human Service Professionals from 9:30 to 16:30 on Saturday July 8, 2017

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: _____