



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 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 not collected, he is aware, 'My mind is not collected, he is aware, 'My mind is distracted, he is aware, 'My mind is distracted.' When his mind is not distracted.' When his mind is not distracted. 'When his mind is not distracted.' - Discourse on the Four Establishments of Mindfulness

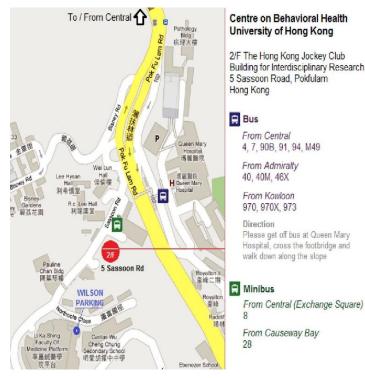
We will practice listening to the bell, walking meditation, eating meditation, exercise meditation (mindful movements), and relaxation meditation (total relaxation) ... We practice to stop, to slowdown the thinking in our mind via bodily actions.

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, 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>

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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 appropria	te): \square Prof \square Dr	\square_{Mr} \square_{Mr}	rs \square Ms
rst name:Last name:			
Correspondence address:			
Tel:	F_ax:	#Email:	
Organization:		Health Care Prof	ession:
Gender: M	F		
Age group:			
20 or below	41-50		
21-30	51-60		
31-40	60 or ab	ove	
☐ Yes – DOM☐ Yes - Residential residential	me joining Plum Village	-	l
Signature:	Date:		