



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

Coping with Loneliness in a Crowded World

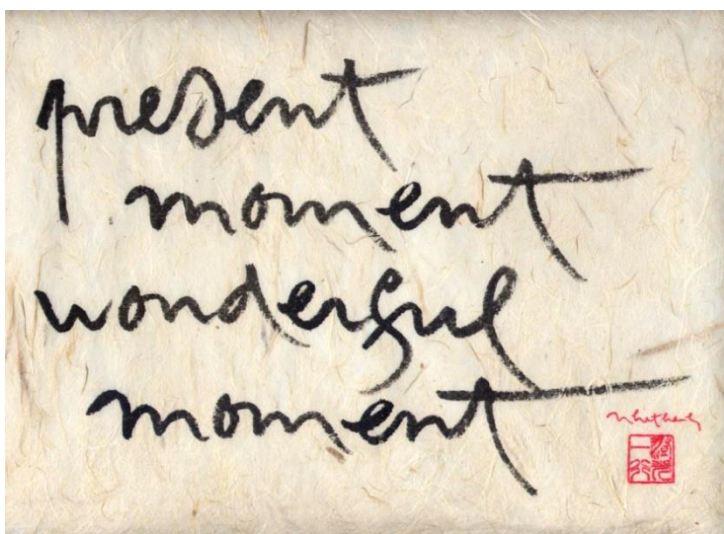
*A Day of Mindfulness (one-day retreat)
for Health Care and Human Service Professionals
from 9:30 to 16:30 on Saturday October 7th, 2017
at Centre on Behavioral Health, The University of Hong Kong*

Sept. 10th, 2017

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.



The topic for this DOM is how to cope with loneliness and isolation in a crowded world. Medical advances and improved economic conditions have enabled us to live longer. Living longer means we may live in isolation as our life partners or close relatives pass away. A study published on the Heart Journal in April 2016 linked loneliness and social isolation with an increase of 30% in heart disease and stroke. The mindfulness practice of being in the here and now - being in the present moment - can help people getting in touch with their body, feelings, mental states

(emotions) and their ways of looking at life. This awareness will help them to deal with anxiety, fear and the disconnection with people around.

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
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

<Coping with Loneliness in a Crowded World>

A Day of Mindfulness (one-day retreat)

for Health Care and Human Service Professionals from 9:30 to 16:30 on Saturday Oct. 7, 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:** _____