



Life is Beautiful

Charity workshop @ Peng Chau

Sunday, 8 November, 2015 10am-5pm

When was your latest experience in slowing down yourself and allowing yourself to taste the sea breeze, to stop your buzzing mind, to observe the surroundings, to be curious and creative?

Here is a whole day workshop includes all of the above. Beach Yoga, mindful walking and photo taking at the seafront, body movement game and healthy veggie lunch in the studio right next to the beach ...

Meet up: 8:20am Central Pier No.6 (by the ferry at 8:40am); Dismiss: 5:00pm Peng Chau (by the ferry at 5:50pm)

Fee: \$500 includes the healthy veggie lunch (the ferry fare is NOT included) Apart from the cost of venue rental, food ,drinks and materials needed, **all proceeds go to Hong Kong Cancer Fund**

Beach yoga for all level participants> Ice-breaking> Mindful walking> Lunch> Discovery Journey through body movement, photos and words> Postcard making> Debriefing and sharing

Participation in this charity workshop enjoys the **discount on our 2-day beachside retreat on 5-6 Dec 2015.**

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