Zentangle Drawing Workshop

禅結合畫 x 靜觀
Mindfulness

Description 簡介:

Living life is like drawing Zentangle.
Not everything can be well planned or reversible.
But you can draw a beautiful picture
if you feel at ease and focus on one step at a time.

Zentangle is not just an art, it is an open-eyes meditation!
This fun and relaxing activity provides an easy-to-learn way to create beautiful art
from repetitive patterns. Your improvement both in drawing and thinking is obvious within minutes!

禪結合畫是一種心靈療癒的繪畫活動，不斷重複繪畫線條和圖形，構成美麗複雜的畫面，是一種
沈思冥想的放鬆方式。這個專心的過程讓身體放鬆，減輕焦慮、壓力和痛苦，達至自在、心靜的效果！

Benefits of practicing Zentangle:

1. Enhancing your power to focus, think and create
2. Improving sleep quality
3. Managing anger and other de-energizing emotion
4. Experiencing sense of fulfillment and Enhancing self-esteem

Date: 13 Mar 2019 (Wed)  Time: 1:00 - 3:30pm
Venue: R6052, BOC (HK) Complex
Medium of Instruction: Cantonese

Instructor's biography:

梁詠儀女士 Ms. Winnie Leung

Certified Zentangle Teacher
Teacher of Mindfulness-Based Cognitive Therapy

ENROLLMENT 報名方法:
AIMS > STUDENT SERVICE > CRESDA SYSTEM