



賽馬會「樂天心澄」  
靜觀校園文化行動

Jockey Club "Peace and Awareness"  
Mindfulness Culture in Schools Initiative

# Mindful Monday

**A 45-Minute Practice to  
Take Care of Yourself and Live Mindfully**

**Date: Nov 2**

**Language: English**

**Date: Nov 16 & 30**

**Language: Cantonese**

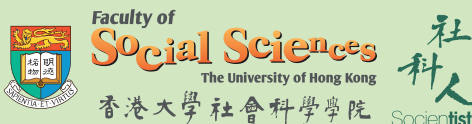
**Time: 13:15 – 14:00**

**Venue: 11/F, The Jockey Club Tower, HKU**



**Registration:**  
[www.jcpanda.hk/mm](http://www.jcpanda.hk/mm)

主辦院校 Organised by:



捐助機構 Funded by:



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The Hong Kong Jockey Club Charities Trust  
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