



Mindfulness

靜觀能讓我們專注當下，放下過去的遺憾和未來的擔憂，以覺察和接納的態度面對挑戰。我們提供各種靜觀課程以促進員工的身心健康，提升團隊的整體福祉，創造一個積極的工作環境。

Mindfulness is about fully engaging with the current moment, letting go of past regrets and future worries, and embracing each experience with awareness and acceptance. We offer a wide range of mindfulness programmes designed to enhance employee well-being, foster team collaboration and cultivate a positive work environment.

01 靜觀工作間 Mindful Workplace

- ◆ 靜觀與工作表現 Mindfulness & work Performance
- ◆ 靜觀體驗 Taste of mindfulness practice
- ◆ 靜觀的一套生活哲學 Core principals of mindfulness
- ◆ 靜觀應用於情緒管理、工作效能及工作關係
Tips to build mindful workplace: emotional well-being, work effectiveness, workplace core principals of mindfulness

03 靜觀生活 活在當下 Mindfulness - The Art of Living

- ◆ 靜觀效用及研究 Effectiveness of mindfulness
- ◆ 正念呼吸練習 Mindful breathing
- ◆ 身體掃描練習 Body scanning
- ◆ 正念減壓可能出現的身心反應及處理方法
Potential effects of mindfulness and the solutions

02 正念鬆動 Mindfulness + Stretching

- ◆ 有效的伸展運動，釋放壓力並促進放鬆
Effective stretching exercises to release stress and promote relaxation
- ◆ 正念練習，平靜心境並活在當下
Mindfulness practice to calm

04 放鬆心情微時刻 Everyday Practice for Micro-Moment Relaxation

- ◆ 放鬆好處多，科學有實證
Neuroscience: mastering the auto-pilot system
- ◆ 清晨好開始 Beginning the day with a good start
- ◆ 日間工作的放鬆微時刻 Micro-moment relaxation in a workday
- ◆ 夜間睡前的放鬆好習慣 Relaxing routine for a good night sleep

05 椅子瑜珈 Chair Yoga

- ◆ 做好坐姿準備 Proper seated posture
- ◆ 椅子瑜伽式子：體現柔和的身體伸展
Chair yoga poses: experience to stretch our body
- ◆ 靜觀練習：平靜身心與提升自我察覺
Mindfulness practice for calming and self-awareness



06 頌鉢·讓心靈放鬆 Singing Bowl to Deep Relaxation

- ◆ 頌鉢簡介 Brief introduction of singing bowls
- ◆ 精神和人體層面的療愈原理 Mechanism of sound healing on mind and body
- ◆ 如何使用頌鉢 How to use a singing bowl
- ◆ 體驗鉢聲頻浴 Singing bowl sound bath

07 奇幻波浪：酒精墨水繪畫 Whimsical Waves: Alcohol Ink Painting

- ◆ 酒精墨水藝術的由來及生活哲學 The origins and philosophy of alcohol ink art
- ◆ 藝術對精神健康的好處 The benefits of alcohol ink art for mental health
- ◆ 繪畫的基本知識和技巧 Basic knowledge and techniques of alcohol ink painting
- ◆ 個人/ 集體創作 Individual/collective creation



08 香氣夢想：創造你的香蠟 Scented Dreams: Create Your Own Candles

- ◆ 蠟燭的由來及生活哲學 The origin and philosophy of candles
- ◆ 蠟燭對精神健康的好處 The benefits of candles for mental health
- ◆ 製作蠟燭的基本知識和技巧 Basic knowledge and skills for making candles
- ◆ 個人創作 Individual creation