

# Relaxing Yoga

## Workshop A

Date: 4 October 2023 (Wednesday)

Time: 1:00 PM - 2:00 PM

Venue: Room 912, 9/F, Shek Mun Campus

## Workshop B

Date: 11 October 2023 (Wednesday)

Time: 1:00 PM - 2:00 PM

Venue: Room 605, 6/F, SCE Tower,  
Kowloon Tong Campus

Through gentle movements, breathing exercises, and meditation, you will experience a renewed sense of calm and mental clarity to navigate the semester ahead!

**Register now!**



(First-come, first-served)