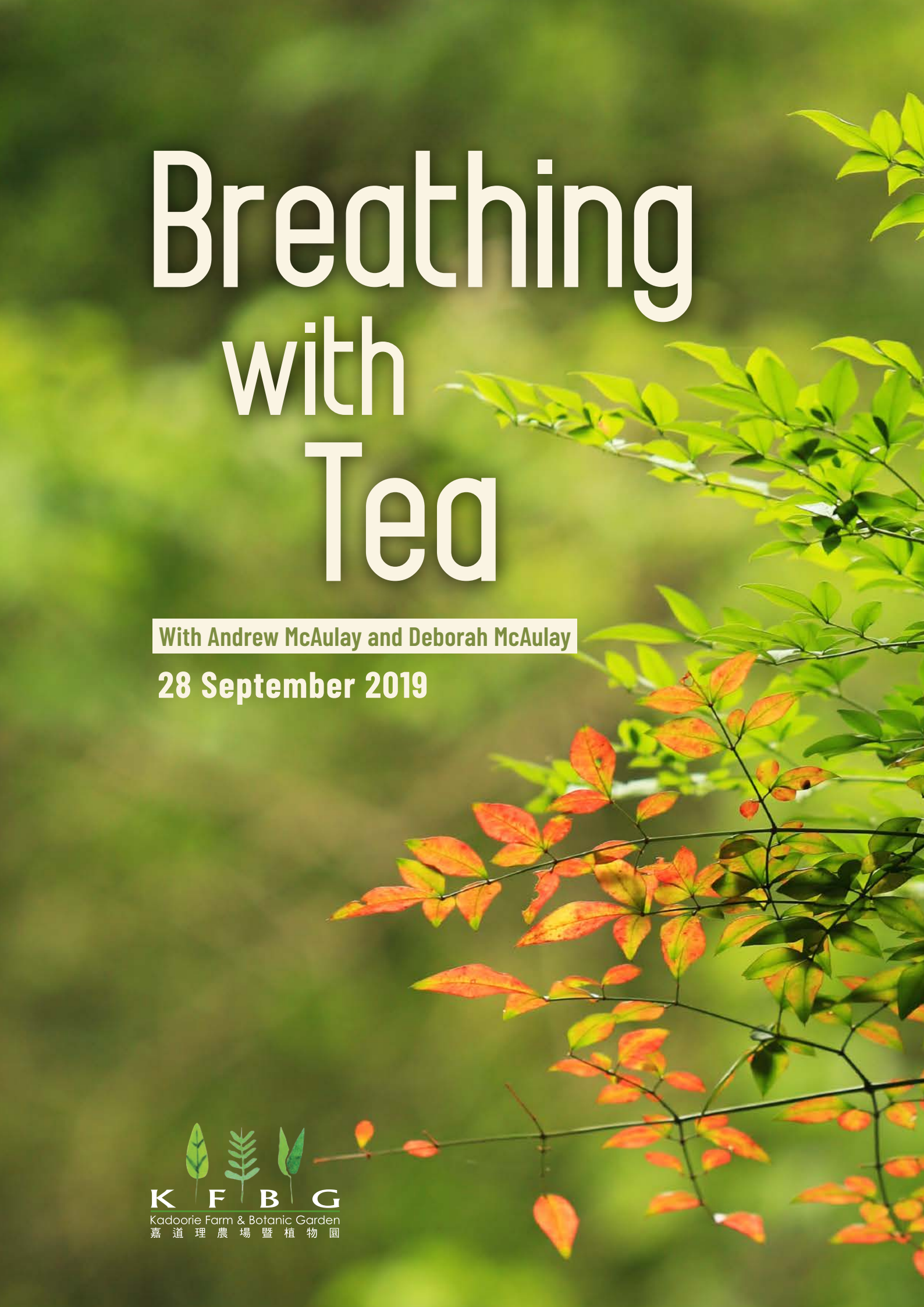
Breathing
with
Tea
With Andrew McAulay and Deborah McAulay
28 September 2019
K F B G
Kadoorie Farm & Botanic Garden
嘉道理農場暨植物園

Join Andrew and Deborah for a magical day of breathwork and tea!

We will begin the day with a breathwork ceremony at the Kadoorie Centre, on the slopes of Kwun Yum Shan in Shek Kong. Then lunch, followed by a tea ceremony in the afternoon at Kadoorie Farm and Botanic Garden. There will also be some quiet time in the forest to integrate and reflect.

Facilitators

Andrew McAulay



Andrew McAulay has overseen the development of KFBG's programmes since its 'rebirth' in 1995 as a nature conservation center and is the current Board Chairperson. He is passionate about nature, has written two books of poetry and has been practicing and teaching meditation for many years. He began exploring breathwork as part of a journey of healing from cancer and graduated from the Breath of Bliss™ Level 2 Facilitator Training in November 2017.

Deborah McAulay



Deborah McAulay worked for many years as the Creative Director and resident artist at KFBG. She founded the Artist-in-Residence programme and initiated many workshops and retreats combining the natural world with creative arts. She has enjoyed a personal practice of yoga and meditation for 30+ years, is a mother of three and her love of nature and spirit has recently found a new expression in Cha Dao, the way of Tea. This practice has quite naturally woven itself into her life, and one which she particularly loves to share in ceremony with others.

Breath of Bliss™ is a transformational practice that infuses you with aliveness using breath, movement and sound. Unlike other breathing practices, this exercise focuses on liberating oneself and achieving wholeness.

The deep, circular, connected breathing used in Breath of Bliss™ is very different from everyday or yogic breathing. Benefits include:

- Enhanced sense of aliveness, clearing of blocked energy/emotions giving you access to desirable emotions
- Profound insights, greater brain connectivity, creativity and focus
- Freedom from stress and anxiety
- Access to the unconscious mind to shed limited beliefs and patterns
- Greater feelings of compassion and connection to yourself, the Earth, and other people
- Stimulation of the pituitary gland, release of natural chemicals to access visions, expanded states of consciousness and spiritual awakening

Tea Ceremony

This tea ceremony will introduce bowl tea and the essence of simplicity in cultivating inner harmony and awakened presence. Through this plant medicine, we are invited to dance with nature, connecting deeply with ourselves and others.

Date / Time

28 September (Saturday) 09:30 – 17:00

Participants are expected to participate fully in every session.
Applicants wishing to attend only parts of the programme will not be accepted.

Venue

Kadoorie Farm & Botanic Garden and
Kadoorie Centre of The University of Hong Kong, in Shek Kong, Lam Kam Road, Tai Po

Language

English

Target Audience / No. of Participants

Aged 18 or above / Maximum 30 participants

Fee

$800 per person

Application

Please complete the online application form on or before 18 September 2019.

Details are as follows:

1. Upon receipt of the application form, acknowledgement of application will be sent to you by email within three working days.
2. Spaces are limited and we may have to select participants from a large number of applicants.
3. If your application is accepted, a payment notice will be sent to you before 21 September 2019.
4. If your application is not accepted, you will be added onto the waiting list. We will inform you once there is a seat available.
5. Payment method will be provided in the notice. Please settle the course fee within three days after receiving the notice. Otherwise, your reservation may be cancelled and released for others.
6. A confirmation letter will be sent to you by email after all payment is settled.
7. Payment is not refundable and transferable after acceptance.

Enquiry

For enquiries, please contact Ms Vera Hung at (+852) 2483 7107 or email to edu_programme@kfbg.org

For more info on Breath of Bliss, please visit www.breathbliss.com.

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