

BREATHING with TREES

A Breathwork Event with Claire Elouard and Andrew McAulay

20 October 2018



K F B G
Kadoorie Farm & Botanic Garden
嘉道理農場暨植物園

Introduction

Learn about our relationship with trees and experience the power of breath in this one day workshop at Kadoorie Farm and Botanic Garden.

In this special event, *Energy of Nature* teacher, Claire Elouard, will combine with *Breath of Bliss* facilitator, Andrew McAulay to guide participants through an exploration of multiple dimensions of our relationship with the plant world. The day will begin with a talk and guided walk, and progress through experiential exercises toward culmination in a powerful breathwork ceremony...

Facilitators

Dr. Claire Elouard



Dr. Claire Elouard is of French nationality; she spent her early childhood in Senegal, Africa, and later studied in France. She has a Master's degree in Biology and a Ph.D. in vegetal ecology from Universities in France. She conducted her field research for her Ph.D. in Indonesia, and afterward spent eight years doing research in forest pathology and ecology in Malaysia and South India. Subsequently, she directed an environmental project in the Mumbai area in India, from 2001 to 2015. She has been coming to KFBG for over 10 years delivering her workshops on the "Energy of Nature".

Dr. Claire Elouard has been deeply connected with nature since childhood. She later developed her perception of nature's energy and deepened it by learning about the Hindu philosophy on the five elements and their corresponding chakras. She has been teaching people to communicate with nature and perceive its energy since 2004 in India, France, Taiwan, Hong Kong, Singapore and China.

Andrew McAulay



Andrew McAulay has overseen the development of KFBG's programmes since its "rebirth" in 1995 as a nature conservation centre

and is the current Board chair. He is passionate about nature, has written two books of poetry and has been practicing and teaching meditation for many years.

He graduated from the Breath of Bliss™ Level 2 Facilitator Training in November 2017.

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 every day or yogic breathing. Benefits include:

- Physical sensation, 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, altered states of consciousness and spiritual awakening

Date/Time

20 October 2018 (10:00 - 17:00)

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

Venue

Kadoorie Farm & Botanic Garden

Language

English

Target Audience/ No. of Participants

Aged 18 or above / Maximum 16 participants

Fees

\$800 per person

Application

Please complete the online application form and pay the course fee (HK\$800) online on or before 6 October 2018. Details are as follows:

1. Upon receipt of the application form and course fee payment, acknowledgement of the application will be sent to you by email within 5 working days.
2. Spaces are limited and we may have to select participants from a large number of applicants.
3. If your application is not accepted, full payment will be refunded to you by bank transfer or cheque within one month.
4. A confirmation letter will be sent to you by email after all payment is settled.
5. Payment is not refundable after acceptance.

Enquiry

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

For more info on Breath of Bliss, please visit <https://www.breathbliss.com/>