Open your Heart to the New Year with

19 January 2019



Join Breath of Bliss facilitator, Andrew McAulay, for a heart-opening breathwork ceremony to celebrate the New Year!

Together we will explore the power of the breath in a workshop that includes embodiment exercises and sharing from the heart.

Our venue is the Kadoorie Center in Shek Kong, which is located on the slopes of the beautiful mountain, Kwun Yum Shan and which plays host to numerous transformative events.



### About the Facilitator:

Andrew McAulay chairs the Boards of KFBG and Partnerships for Community Development (www.pcd.org.hk). He is passionate about nature, has written two books of poetry and has been teaching meditation since 2004. 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.

# Introducation

## Breath of Bliss™

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.

Deep, circular, connected breathing is very different from every day or yogic breathing. Benefits can include:

Enhanced sense of aliveness, clearing of blocked energy/emotions giving you more access to desirable emotions

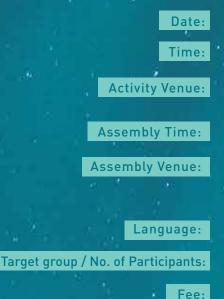
Profound insights, greater brain connectivity, creativity and focus

Freedom from stress and anxiety

Access to the unconscious mind to shed limiting beliefs and patterns

Greater feelings of compassion and connection to yourself, the Earth, and other people

Stimulation of pituitary gland, the release of natural chemicals to access visions, altered states of consciousness and spiritual awakening.



Application:

19 January 2019

14:00 - 17:00

Kadoorie Center of Hong Kong University in Shek Kong, Lam Kam Road, New Territories

#### 13:45

**Reception Area, Kadoorie Farm and Botanic Garden** (Shuttle bus service will be arranged to transport participants to the activity venue)

#### English

Aged 18 or above, maximum 30 participants

#### HK\$500

Please complete the online application form on or before **28 December 2018** as follows.

- Please click <u>here</u> for the online registration.
- Upon receipt of the application, an acknowledgment notice will be sent to you by email within 5 working days.
- If your application is accepted, a <u>voucher for payment</u> notice will be sent to you by email <u>before 4 January 2019</u>.
- Payment should be settled within 5 days after receiving the payment notice. Otherwise your seat will be released to other applicants.
- For unsuccessful applicants, your applications will be added on the waiting list.
- KFBG reserves the right to select participants for this workshop.
- One weeks' notice will be given to participants in case of cancellation of the workshop.
- Payment is not refundable after acceptance.

Enquiry:

Please contact Ms. Vera Hung at 2483 7107 or email edu\_programme@kfbg.org

More info on Breath of Bliss, please visit https://www.breathbliss.com/