

Open your Heart
to the New Year
with
Ecstatic Breath

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.

Introduction

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.

Date: 19 January 2019

Time: 14:00 – 17:00

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

Assembly Time: 13:45

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

Language: English

Target group / No. of Participants: Aged 18 or above, maximum 30 participants

Fee: HK\$500

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

- Please click [here](#) 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 [voucher for payment](#) notice will be sent to you by email [before 4 January 2019](#).
- 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/>