



## **2021 Summer Students Mindfulness Class**

(Suitable for F.1 to 5 students)

**Course Instructor:**

**Mr. Aled L.Y. Tang, Clinical Psychologist**

### **Class Schedule**

	<b>Date</b>	<b>Time</b>
Session 1	12-8-2021 (Thurs)	1130-1245
Session 2	19-8-2021 (Thurs)	1130-1245
Session 3	26-8-2021 (Thurs)	1130-1245
Session 4	4-9-2021 (Sat)	1130-1245

**Address:** Unit 402, 4/F Printing House, 6 Duddell Street, Central, HK

**Fee:** \$700/session (can freely choose any session) [enrol 6 sessions to get 1 free]

Course enquiries or registration

Phone: 21518009 / Whatsapp: 56230196 / Email: [info@alphawellbeing.com.hk](mailto:info@alphawellbeing.com.hk)





**2019 Summer Children Mindfulness Course  
(for 6-11 years old kids)**

Venue: The Alpha Wellbeing Centre

Unit 605, 6th Floor, The Printing House, 6 Duddell Street, Central, Hong Kong

**Teaching Language: Cantonese**

Course	Admission Quota	Course fees	Teacher	Google Registration Form
<p><b>July course</b></p> <p>July 24<sup>th</sup>, Aug 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup> Time: 1100-1200 (except for 28/8 from 1200-1300)</p>	4 persons	HK\$2,000  (includes handout, mindfulness voice recording exercises , and a special gift 🎁 for those successfully completed the course )	Dr Elisabeth Wong, Specialist in Psychiatry	
<p><b>August course</b></p> <p>Aug 20<sup>th</sup>, 23<sup>rd</sup>, 27<sup>th</sup>, 30<sup>th</sup> Time : 1200-1300</p>				

**Enrolment method:**

- Submit the completed Google Registration Form accessible by the QR code above, and settle the course fees by the specified payment method.
- Confirmation email will be sent to applicants who are successfully admitted.

**Arrangement under adverse weather condition:**

Classes will be cancelled if red, black rainstorm warning or typhoon signal no. 8 or above is hoisted 2 hours before the commencement of a class. A refund of \$500 per session will be arranged.