



Academic Advising Workshop: Nurturing Mind and Body for Academic Advisors



**29TH FEBRUARY
2024 (THURSDAY)**



2:30 PM - 4:30 PM



ENGLISH



**YOGA STUDIO, LG1,
LEUNG FUNG YEE BUILDING,
CHUNG CHI COLLEGE**



PROF. HAYDEN KEE
ASSISTANT PROFESSOR,
DEPARTMENT OF PHILOSOPHY,
CUHK

OBJECTIVES

In this workshop, we will learn about the body's stress response and understand how breathing techniques rooted in the yoga tradition and studied by modern science can help us regulate long- and short-term stress. We will learn and practice simple and effective techniques that participants can incorporate into their daily lives.