

Do something Doable with the DO School 與 The DO School 攜手合作，療癒心靈，共同抗疫



Ever since the outbreak of COVID-19, every one of us has been struck with a sense of anxiety and uncertainty, as there seems to be not much we can do. Fortunately, the DO School has had something doable in store for us to fight such negativity and put our worries aside.

自從新冠肺炎爆發後，不明朗因素瀰漫整個社會，令民眾對生活及未來感到徬徨憂慮。幸好，我們與 The DO School 攜手合作，一直為大家籌備不同活動，為大家減壓，療癒心靈。



早前於會德豐「O'SOUTH澳南」Monterey 進行網上直播的 Mindfulness Yoga，由專業瑜伽導師指導並示範各種簡單易學的瑜伽動作，為在疫情期間出現負面情緒的參加者放鬆減壓，舒緩負面情緒。另一網上活動則在 Oasis Kai Tak 的示範單位舉行，透過禪繞畫，以簡單的工具繪畫錯綜複雜圖案，在既放鬆又專注的狀態下達到心靈冥想，減輕心理壓力。我們深信只要攜手合作，舉辦具有心靈療癒力的活動，定能與大家共同渡過難關。

Organised in Monterey of Wheelock's O'South series, the webinar Mindfulness Yoga was live streamed for participants who wished an escape from the frustration and tension inflicted by the pandemic. Experienced yoga instructors explained some essential poses with clear demonstrations. The DO School also hosted an online activity for those in an emotional tangle – 'Zentangle', a method of drawing that promotes meditation and relaxation through concentration. Simple yet complex, the event, which was held in a show flat of Oasis Kai Tak, helped participants to quiet their thoughts. We believe that with our concerted effort to hold such satisfying, self-soothing events we can get through this difficult period.



心靈冥想 - 禪繞畫

@ OASIS KAI TAK



網上直播 MINDFULNESS YOGA

@ 澳南 MONTEREY O' SOUTH

