

The heartbeat calendar ♥ 2018 (Hong Kong)

Last updated on 16-Oct-18 – details at heartbeat.com.hk/calendar

October

- 4 Plastic Recycling Education Day
- 6 Kids' Empowerment DayFest
- 6 Crafty Charity Social
- 6 Enhale Open Day Housewarming
- 7 Lantau Island Beach Clean
- 7 New Directions for Permaculture
- 7 The Art of Awareness
- 8-12 Employee Wellbeing Week
- 9 Magical Hug 2018
- 10 World Mental Health Day
- 17 Hong Kong Vegfest
- 17 Solar Wellness Series
- 18 Conscious Cinema
- 20 HK50
- 21 Solar Wellness Series
- 21 Earthlings Experience Hong Kong
- 22 Neuroscience, Yoga & Mindfulness for Mental Health
- 24 Talk and Book Signing
- 24 ImpactHK Open Day
- 25 Tawai: A voice from the forest
- 25 Upcycle Embroidery Workshop
- 25 From CEO to Psychic Investigator
- 25 Sweet Surrender - Yin Yoga & Sound Healing
- 26 Finding your Balance Within
- 26-28 Art of Gong Sound Baths Workshop
- 26 From CEO to Psychic Investigator
- 27-28 Colour, Light and Intuitive Skills
- 27 Lamma Fun Day Beach Music Festival
- 27 Critical Mass Ride
- 27-28 Shi Fu Miz Festival
- 28 Creating Youth Space
- 28 International Ocean Film Tour
- 31 Middle Eastern Vegetarian Cooking Class

Coming Up

- November 4 & 5 2018 Walk for Nature
- November 7 Elephant Protection Initiative Gala Dinner
- November 10 Women's Empowerment DayFest
- November 12 An Evening with Dr Jane Goodall
- November 16 Finding your Balance Within
- November 24 9th Harbourfront Bike-ride for Pollution Free Hong Kong
- December 7-9 The Garden Gathering

Details on the website - heartbeat.com.hk - natural life in the fast lane

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