

# The heartbeat calendar ♥ July 2018 (Hong Kong)

Last updated on 17-Jul-18 – details at [heartbeat.com.hk/calendar](http://heartbeat.com.hk/calendar)

## July

July **3-6** (Tues 12 -8pm; Wed-Thurs 8am-8pm; Fri 10am-8pm) Get Redressed Pop-up Shop (Redress - 2861 0360)  
July **4** (6:30pm) Hong Kong's Heritage: Help or Hindrance? (The Royal Geographical Society HK - 2583 9700)  
July **10** (7:30-9:45pm) Sexuality and Gender in the Workplace (HK Philosophy Café - 3411 7289)  
July **13** (7-9pm) Mantra Meditation (Sudevi Sundari - 9176 4012)  
July **14** (11am-7pm) ARCH En Route - Holistic Wellness Festival (Ray of Aura - 5236 1130)  
July **19** (6:30pm) A Businessman's Journey to Everest (The Royal Geographical Society HK - 2583 9700)  
July **21** (11am-5pm) Zero Waste Bootcamp (Garage Society - 3952 7300)  
July **21** (11am-1pm) The Karma Train (Raja Yoga Meditation Centre - 6462 0951 WhatsApp only)  
July **21** (6:30-10pm) Kirtan Fundraiser for YAMA Foundation (Yama Foundation - 5507 0268)  
July **22** (1:30-4:30pm) Dog Adoption Sunday (Kirsten's Zoo Charity - 5595 1933)  
July **23** (7:30-9:15pm) Meatfree Meetup in Wan Chai (Meat Free Hong Kong - 6255 3190)  
July **29** (10am-1pm) Fish for Trash (Save Aberdeen Harbour Alliance - 6674 4969)  
July **29** (5:30-7:30pm) Earthlings Experience Hong Kong (GoVeg Club - 6255 3190)

## Coming Up

August **18** Cafe 8 Knit n Crochet Social  
August **29-31** Natural & Organic Products Asia  
September **6** Redress Design Award  
October **17** Hong Kong Vegfest  
October **27** Lamma Fun Day Beach Music Festival  
November **4 & 5** 2018 Walk for Nature

Details on the website - [heartbeat.com.hk](http://heartbeat.com.hk) - natural life in the fast lane

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