

# The heartbeat calendar March 2018 (Hong Kong)

Last updated on 21-Mar-18 – details at [heartbeat.com.hk/calendar](http://heartbeat.com.hk/calendar)

## March

- 2 (11:30am-8pm) TransLantau (Chilling Trail)
- 2 (7-11pm) Clothing Swap Party (eicó Hong Kong - 2677 9377)
- 2 (7-8:15pm) Shamanic Healing Journey (Reflections Resource Center - 2504 1333)
- 3 (1-3pm) Dress to Impress Dog Event (Locofama - 2547 7668)
- 3 (11am-1pm) Of Rice and Men (Slow Food)
- 3-4 (Saturday 12-9pm; Sunday 9am-6pm) IRIS: Your Escape (Hybrid Group - 2659 7268)
- 4 (1:30-3:30pm) Vegan Gathering at Fung Ying Seen Koon (Meat Free Hong Kong - 6255 3190)
- 4 (5:30-7:30pm) Women's Adventure Film Tour
- 5 (4-5:30pm) Gregorian Chant Workshop
- 6 (8:30-10am) Beginning Tai Chi (Richard Wickes - 9238 7379)
- 6 (12-1:45pm) Climate Turbulence (AmCham - 2530 6919)
- 7 (6:30-8:30pm) Quantified Self: Female Health
- 8 (8-9:30am) Press For Progress
- 9 (6:30pm) A Fragile Planet (The Royal Geographical Society HK - 2583 9700)
- 10 (10am-1pm) Exchange and Empower Harbourfront Run and Picnic
- 10 (12:30-6pm) UNSCRIPTEDX (TEDx PolyU)
- 10 (1pm) Ngong Peng Habitat Spring Clean-up
- 10 (2:30-4:30pm) Vegan Feast at Ban Gu Ting (Meat Free Hong Kong - 6255 3190)
- 11 (12-2pm) Fromages Français: Cheese Tasting (Slow Food)
- 13 (7:30-9:45pm) Where did everything come from? (HK Philosophy Café - 3411 7289)
- 15 (7-10pm) Intensive Grounding Workshop (Tian Yan Nei Gong Centre - 2871 0430)
- 15 (7:30-9:30pm) Fermentation Workshop - Probiotic Sauerkraut (Green Sustainable Living Hong Kong Meetup)
- 17 Psych-K Basic Workshop (Life Force Events)
- 17 (9am-8pm) Hong Kong Beach 5's
- 17 (1-3pm) An Introduction to Mental Health (Mind HK - 2824 2937)
- 17 (2-4pm) Flame x Sight Painting Workshop (513 Paint Shop - 2155 2282)
- 17 (3-5pm) Pilates Flow (Anhao Wellness - 6397 8284)
- 18 (8:30-9:30am) Free Yoga Class (Andiappan Yoga Community - 2905 1822)
- 18 (9:30am-1pm) WW2 Tunnels & Caves Hike (9372 5228)
- 18 (8:30-9:30am) Free Yoga Class at Discovery Bay (Andiappan Yoga Community - 2905 1822)
- 18 & 25 (8:30am-5pm) Introduction To Permaculture
- 18 (9am-3pm) Big Lamma Garage sale
- 18 (9:30am-6:30pm) Glories of the Lantau Trail (The Royal Geographical Society HK - 2583 9700)
- 18 (12:50-4pm) Lo So Shing Beach Cleanup (9372 5228)
- 18 (1-4pm) Cat & Kitten Adoption Day (Kirsten's Zoo Charity - 5595 1933)
- 18 (1:30-3:30pm) Vegan meal at Oriental Vegetarian (Meat Free Hong Kong)
- 18 (2-4pm) Candle Making Workshop (513 Paint Shop - 2155 2282)
- 18 (2-4:30pm) Green Movie Day (Vgirls Club - 9826 0822)
- 18 (5:30-7:50pm) Secret Garden
- 19 (6:30pm) Running Wild - Film Screening (The Royal Geographical Society HK - 2583 9700)
- 19 (7-9pm) Introduction to Rooftop Gardening (Growing Smart - 5690 0642)
- 19 (7:45-9:45pm) Conscious Dance Monday (Muse Circle - 6505 4389)
- 20 (12:30-2pm) People Not Vehicles: Planning Hong Kong's Future (The Foreign Correspondents' Club - 2521 1511)
- 20 (7-10pm) Better Food Futures - Mixer & Panel Discussion (The Hive CoFarm - 2448 9033)
- 20 (7:30-9:30pm) Extreme Stars: Neutron Stars and Pulsars (Sanctuary of Space and Time - 5200 5076)
- 21 Spring Equinox
- 21 World Forest Day
- 21 (8-9am) Community Tea Ceremony Meditation (Alive Wellness - 2541 8600)
- 21 (12:30-2pm) The Growth Delusion (The Foreign Correspondents' Club - 2521 1511)
- 21 (7-9pm) Systematic (Family) Constellation (i-Detox Wellness Centre - 3904 1072)
- 22 World Water Day
- 22 (12:30-2pm) The Fight Against Modern Slavery (The Foreign Correspondents' Club - 2521 1511)
- 22 (6:30pm) Spring into Shape (Limewood - 2866 8668)
- 22 (7-8:30pm) Spring Equinox Gong Meditation (Red Doors Studio - 9673 8075)
- 22 (7-8:30pm) Compassionate Communication (Mind Body Soul Asia - 9166 2495)
- 22 (7-9pm) Thursday Social x Bike Aways (The Hive Sai Kung - 2780 5844)
- 23 (8:15-9:30am) Hong Kong's #MeToo (The Women's Foundation)
- 23 (8:45pm) Dancing In The Dark (SharedSpace - 6687 3701)
- 24 (8am-5pm) Horizon - Journey Inward (Balance Health - 2530 3315)
- 24-25 (9am-5pm) International Aromatherapy Conference (Int'l Federation of Aromatherapists - 44 20 8567 2243)
- 24 (9am-12:30pm) Parent Workshop Theory (2987 1201)

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

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- 24** (10am-2pm) Animal Flow (2889 5939)
- 24** (11am-1pm) Canine First Aid Workshop for Volunteers (2552 6200)
- 24** (11am-1pm) Krav Maga Introduction Class
- 24** (1:30-3pm) Learn to Defend Yourself with Krav Maga (Hong Kong Self Defence & Krav Maga)
- 24** (11am-1pm) Krav Maga Introduction Class (Mighty Oaks - 2806 8383)
- 24** (12:30-5pm) Spring Beach Clean (The First Penguins)
- 24** (1-5pm) Trigger Point™ Foam Rolling (Optimum Performance Studio - 2754 6868)
- 24** (2-5:30pm) Treasure Hunt: Hong Kong's Geography & Heritage (The Royal Geographical Society HK - 2583 9700)
- 24** (3-5pm) Power, Permission, Progress (Embrace Worldwide - 6687 2645)
- 24** (8:30-9:30pm) Earth Hour (WWF Hong Kong - 2526 1011)
- 25** (9am-12pm) Unison Hike for Racial Equality (Hong Kong Hiking Meetup - 9188 5565)
- 25** (10am-6:30pm) Singing Bowl Workshop (Sound Therapy HK - 9729 4367)
- 25** (2:15-4:15pm) Yoga + Painting Workshop (513 Paint Shop - 2155 2282)
- 27** (6pm) Tasting Wines from Chile (La Cabane Wine Cellar & Bistro - 2517 0186)
- 30** - 2 April (9am-6pm) Self-Empowerment Course (The Hive - 3568 6343)
- 31** (8am) Icon Ultra GreenRace (The Green Race HK - 9133 5415)
- 31** (8:30am-6:30pm) Tung Ping Chau cleanup (Tursiopsdiver)
- 31** (10am-2pm) Full Moon Yoga & Meditation (Cabana - 2889 5939)
- 31** (11am-1pm) Metal x Sound Manadala Workshop (513 Paint Shop - 2155 2282)

## Coming Up

- April 20-22 The Conscious Festival
- April 22 Earth Day Mysterious Cleanup
- April 28 UK Special Forces Survival Skills Day

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