

The heartbeat calendar ♥ February 2018 (Hong Kong)

Last updated on 12-Feb-18 – details at heartbeat.com.hk/calendar

February

- 1-3 (10am-7:30pm) LOHAS Expo & Vegetarian Food Asia (Inspire Advertising & Marketing - 2786 0998)
- 1-3 (12-9pm) Take Nine Vintage Pop-up Store (99vintage - 9778 6066)
- 1 (7-8:30pm) Introduction to Energy Healing (Mind Body Soul Asia - 9166 2495)
- 2 (6:30pm) Finding the Source of the Irawaddy (The Royal Geographical Society HK - 2583 9700)
- 2 (7-8pm) Full Moon Meditation with Singing Bowls (Luxe Nova Lifestyle Studio - 2898 0568)
- 3 (12-4pm) The Hive CoFarm Opening (The Hive CoFarm - 2448 9033)
- 3 (12-1:30pm) Stress-Free Meditation with Mindful Eating (SpiceBox Organics - 2191 0886)
- 3 (6:30pm) The Power of Film (FilmAid Asia)
- 4 (2-4pm) Beach Cleanup in DB (Plastic Free Seas)
- 4 (2-3:30pm) Free Community Drum Jam at the Harbour (Kumi Masunaga - 9750 4212)
- 5 (7:30-9:30pm) Vegan Buffet Gathering (Meat Free Hong Kong)
- 6 (6:30pm) Rainbow Warrior: Greenpeace's Environmental Flagship (The Royal Geographical Society HK - 2583 9700)
- 6 (7-10pm) Sichuan Spices Dinner (Slow Food)
- 7 (6:30-8:30pm) Feng Shui for 2018 (All About You Wellness Centre - 2992 0828)
- 8 (6:30pm) Archaeology in Hong Kong (The Royal Geographical Society HK - 2583 9700)
- 9 (7pm) Chinese New Year Tasting (La Cabane Wine Cellar & Bistro - 2517 0186)
- 10 (9:30am-2:30pm) On Valentine's Day Race (Lantau Base Camp - 2984 8428)
- 10 (10:45am-12:45pm) Easy, Nutritious Breakfast and Fermentation Class (i-Detox Wellness Centre - 3904 1072)
- 10 (1-7pm) Year of the Dog Festival (Healthloc)
- 10 (1:30-2:30pm) Yoga Bou Launch (Healthloc)
- 10 (7-8:30pm) Meditation and Music Experience (Mindful Movement)
- 10 (7-8:15pm) Gong Meditation and Epicurian Dinner (Fivelements Hong Kong - 3959 0000)
- 10 (7pm-midnight) Lantau Island Paddle Wrap Party (Plastic Free Seas)
- 11 (1-3pm) Angel Tarot New Year Reading (Guccha Studio)
- 11 (2-5pm) Hong Kong Themed Embroidery Workshop (Make and Do Hong Kong)
- 11 (3-5:30pm) Design a Regenerative Inner Landscape (Mind Body Soul Asia - 9166 2495)
- 11 (4:15-5:30pm) Exploration of Self with Sound and Movement (Guccha Studio)
- 12 (6:30-8:30pm) Chinese Calligraphy x Mindfulness Workshop (theDesk - 3706 8976)
- 12 (7-9pm) Introduction to Rooftop Gardening (Growing Smart - 5690 0642)
- 12 (9:30am) Chinese New Year Breakfast 'n Crochet (ImpactHK)
- 12 (7:45-9:45pm) CS Vegan Buffet (Meat Free Hong Kong)
- 13 (7:30-9:45pm) Human Rights (HK Philosophy Café - 3411 7289)
- 14 (6-9pm) Valentine's Girls Night In Party (Hybrid Group - 5968 3131)
- 14 (6pm and 8:30pm) The Superfood Aphrodisiacs Menu (Grassroots Pantry - 2873 3353)
- 14 (7-8:30pm) HK's High Water Consumption Trap (Green Drinks - info@hkgreendrinks.org)
- 17 (10:30am-2pm) The Guestroom Painting Party (ImpactHK)
- 18 (8:30-9:30am) Free Yoga Class (Yogananth Andiappan - 2905 1822)
- 18 (2:30-5pm) Something Special for CNY (ImpactHK)
- 24 (10:30am-12:30pm) Natural Pet Care 101 (i-Detox Wellness Centre - 3904 1072)
- 21 (2:30-3:30pm) Yoga Therapy Class for Breast Cancer Survivors (Anahata Yoga - 2905 1822)
- 22 (3-4:30pm) Business Mastermind for Health & Wellness Practitioners (Sommer Life - 5501 8633)
- 22 (6-9pm) Volunteer Recruitment Evening (ImpactHK)
- 22 (7-8:30pm) Going Green with Your Money (Asia Plantation Capital)
- 25 (10am-2pm) Clean Team Family Beach Cleanup ()
- 25 (10am-12:30pm) Brunch with Bong (ImpactHK - 9383 5742)
- 26 (10am-2pm) Conscious Parenting (The Body Group - 2167 7305)
- 26 (12-1:15pm) Public Heritage Tour (Asia Society HK - 2103 9511)
- 26 (6:30-9:30pm) Planet Ally Quiz Night (Planet Ally - 6491 1014)
- 26 (7-8:30pm) Finding Peace with the Labyrinth (Red Doors Studio - 9673 8075)
- 26 (7:45-9:45pm) Conscious Dance Monday (Muse Circle - 6505 4389)
- 28 (6:30-11pm) VINSurrection (VINSurrection)
- 28 (7-9:30pm) Allergy-free Baking Class (Nutri Alley - 5122 1279)

Coming Up

- Mar 2 Clothing Swap Party
- Mar 3-4 IRIS: Your Escape
- Mar 5 Gregorian Chant Workshop
- Mar 20 Sugar Blues: Curb your Cravings for Good
- Mar 24-25 International Aromatherapy Conference
- Mar 25 Hike for Racial Equality
- Mar 30 - Self-Empowerment Course

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

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