

The heartbeat calendar ♥ February (Hong Kong)

Updated : 01-Feb-2012 – visit the website for more : www.heartbeat.com.hk/calendar.htm

Thursday 1 February 6:15-7:15pm

BodyTalk Access with Angie Tourani

ENQUIRIES **6683 5755** BodyTalk Hong Kong (Angie Tourani)
Holistic Central (16/F Hing Wai Building, 36 Queen's Road Central, Central)

The BodyTalk system uses the trained right brain approach of intuitive assessment for health care practitioners and anyone who wishes to transform their health and wellbeing.

Thursday 1 February 6:30-8:30pm

Somatic Movement Explorations with Anne Cousin

ENQUIRIES **6976 3237** The Moving Touch Anne Cousin
White Lotus Therapies
Room 2001, 20/F, Car Po Commercial Building, 18-20 Lyndhurst Terrace, Central

Join us for a journey through awareness within the deepest you.

Thursdays 2 February

Healthy Foods to Heal

ENQUIRIES **2581 9699** SOL Wellness
SOL Wellness (16/F Tin On Sing Commercial Building, 41-43 Graham Street, Central)
Adapted from Julie Matthew's "Cooking to Heal" for autism and special diets, a series of 4 classes will be held Thursdays February 2, 9, 16 and 23 exploring key healing diets used to help children and adults with food allergies and sensitivities to enjoy tasty food and to restore their health. Classes will introduce natural substitutes and ways to combine ingredients and tastes so everyone will enjoy them. Gluten-free casein-free (GFCF), Special Carbohydrate diet (SCD), Feingold diet (additive-free) and Weston Price inspired recipes will be presented.

Saturday 4 February 9am-5pm

Adaptive Yoga for Children with Learning Difficulties with Sanjukta Sharma & Carol Chapman

ENQUIRIES **6973 1792** Gecko Yoga (Jenny Smith)
White Lotus Therapies
Room 2001, 20/F, Car Po Commercial Building, 18-20 Lyndhurst Terrace, Central
Discover how yoga can promote the healthy development of children with learning difficulties and support other therapeutic modalities in addressing difficulties with attention, self-regulation & learning. Understand the different types of learning difficulties -- useful for anyone who works with children.

Saturday 4 February 2-6pm

Full Moon Leo Kundalini Workshop

ENQUIRIES **2521 5099** Shakti Healing Circle
3/F, World Wide Commercial Building, 34 Wyndham Street, Central
We will explore a series of kriyas, pranayamas, and meditations and mantras to activate the navel point, awaken the fire element, strengthen the nervous system and fill the pranic body with radiant light, vitality and life force.

Saturday 4 February 7-8:30pm

Reflective Moments with Ruby Ong

ENQUIRIES **2504 1333** Reflections
Arden Wong Natural Medicine Centre
19/F Room 1905, 135 Bonham Strand, Sheung Wan

Set in a safe and caring environment, this workshop aims to allow the participants to share in this process of discovery, not necessarily to inform, complain, or reveal their deepest secrets. Why wait till an adversity to occur in order to wake up to the reality of life? The reflective moment is an opportunity to offer oneself a quiet period during the day to seek peace, comfort, healing and put your life in tune with the divine.

Monday 6 February 6pm

Money = Happy?

ENQUIRIES **3128 8288** HK Ticketing
Hong Kong Convention and Exhibition Centre, Room S221
1 Harbour Road, Wan Chai

IQ² Asia presents leading voices and influential figures in a debate, "Let The Bad Guys Be: Foreign Intervention Does More Harm Than Good." This discussion will raise questions like: Does foreign intervention lend itself to long-term partnerships characterized by respect and progress? Does it pose fundamentally damaging practical and moral problems? What country has the right to meddle in the affairs of another? Do human rights violations compel other nations to embrace interventionism as foreign policy? Under what circumstances may the presumption of sovereign state integrity be set aside? Speakers for the motion: Dr Edward Luttwak – leading public intellectual, historian and government consultant on strategic affairs; Professor Zhang Weiwei – author of Shifting Gravity and professor of International Relations at the Geneva School of Diplomacy; Speakers against the motion: Emily Lau – Legislative Council (LegCo) member and vice-chair of the Hong Kong Democratic Party, MJ Akbar – Editorial Director of India Today magazine, Editor of The Sunday Guardian and author of Tinderbox: The Past and Future of Pakistan; Moderator: Deborah Kan – leading television presenter based in Hong Kong

Monday 6 February 7-8:30pm

Healthy Weight Loss 2.0 with Dr Ardyce Yik

ENQUIRIES **2523 7121** IMI - Integrated Medicine Institute
IMI - Integrated Medicine Institute
17/F Kailey Tower, 16 Stanley Street, Central
4-week medically-supervised program to lose weight in a safe, easy and effective way.

Tuesday 7 February 3-11:30pm

Full Moon Gathering

ENQUIRIES Jason & Mitu
1 Tong Fuk Village, Lantau Island
Kick start this new year at our full moon party and contribute to our idea of creating a future organic art farm hosting full moon gatherings every month. Our collective arts and performers will provide an energy filled and spiritual experience through live music, dance, art installations, organic foods and love.

Thursday 9 February 11am-1pm

SPCA Helpers Education and Learning Program

ENQUIRIES **2232 5519** SPCA(HK) Shirley Pou
SPCA Classroom, 3/F SPCA Headquarters, 5 Wan Shing Street, Wan Chai

Many employers in Hong Kong have domestic helpers who help in walking, feeding, bathing and taking their dogs for veterinary care. Although employers do their best to train their domestic helpers in the basics of pet care, a more detailed education can prepare your helper for the different situations they will encounter with your dog and help improve your pet's welfare in the process. Enquire about the full course schedule.