

The heartbeat calendar ♥ August 2017 (Hong Kong)

Last updated on 1-Aug-17 – details at heartbeat.com.hk/calendar

August

- 2** (7-9pm) Zero Waste Living (Mettā - 3709 3115)
- 2** (7:30-9:30pm) Journey into the Heart Charity Meditation (Radiance - 6449 3455)
- 3** (7-8:30pm) Our Spiritual Journey (The Sanctuary - 2537 1373)
- 3** (7-8:30pm) Raindrop Therapy and Gong Relaxation (Red Doors Studio - 9673 8075)
- 4** (7-8:30pm) Candlelit Hatha Yoga with Singing Bowls (Luxe Nova Lifestyle Studio - 2898 0568)
- 5** (12:30-2:30pm) Meatfree Meetup at i Vegetarian (Meat Free Hong Kong)
- 6** (6-7:30pm) Full Moon Singing Bowls Sound Spa (Luxe Nova Lifestyle Studio - 2898 0568)
- 9** (6:30-8pm) Loss & Grief Counselling Group (All About You Wellness Centre - 2992 0828)
- 9** (7-8:30pm) Resilient Landscape Urbanism (Green Drinks - info@hkgreendrinks.org)
- 12** (8am-1pm) Nature & Forest Therapy Guided Walk (Kembali - 6110 9293)
- 12** (9am-7pm) Food's Future Summit (foodie - 3791 2564)
- 16** (6:30-7:30pm) Balancing Women's Hormones with Yoga (All About You Wellness Centre - 2992 0828)
- 16** (7:15-8:45pm) Self-Connection and Healing Meditation (The Sanctuary - 2537 1373)
- 18-19** (10am-7pm) Level I Integrated Clinical Hypnotherapy (All About You Wellness Centre - 2992 0828)
- 21** (7:30-8:30pm) New Moon Ceremony (Dr Katherine S Dale-Baloch)
- 29** (6:30-7:30pm) Secrets to a Wholesome Vegetarian Diet (All About You Wellness Centre - 2992 0828)
- 30-1 September** (10am-5pm) Natural & Organic Products Asia (Diversified Communications - 3105 3970)

Coming Up

- September **4** Best Practice in Sustainable Construction
- September **4-9; 24-29** Hong Kong Young Leaders
- September **14** Mindfulness in the City
- November **17** AIDS Concern Gala Dinner

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

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