

## UNWIND WITH BIRD MEDITATION MADE SIMPLE

How do we decompress from the busy-ness of the day in a mindful, healthy way?

In honour of World Mental Health Day, The Refinery is collaborating with Blueprint and Bird to offer our Members a group meditation experience to connect and unwind. Experts from Bird will explain what the practice is all about, including common misconceptions, how to get started and why it's worth it. We'll end the session with a short meditation practice. Participants will take away practical techniques to access the profound benefits of meditation anytime, anywhere.

## THURSDAY. 8<sup>TH</sup> OCTOBER 2020

BLUEPRINT 3/F, DORSET HOUSE 6:00 PM - 7:00 PM

Duration : 60 Minutes (includes a 30-minute meditation session) Language : English

## Remarks:

- No prior experience is required. Limited capacity.
- Places are allocated on a first come first served basis.
- Please register your interest by Tuesday, 6<sup>th</sup> October 2020.

## CLICK HERE TO REGISTER





Bird is a mental wellness brand, built with busy people in mind. We focus on meditation, a powerful tool that we believe can help you thrive in today's fast-paced world. Our approach to meditation is modern, secular and accessible.

Please contact us on 2216 5715 or e-mail us at membership@refineryclub.com for enquiries.

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