

TreeholeHK

澍洞香港

Do more with a mindful life

# Who are we?

We are a dedicated local organization aspired to bring wellness to Hong Kong by bringing meditation practice into your daily life.



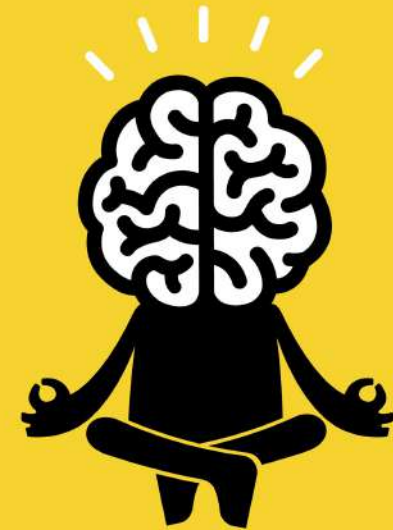
What is mindfulness?

**Mindfulness** is the ability to be present, fully engaged with whatever we are doing in the moment.



What is meditation?

“A practice allow you to learn to observe your thoughts and feelings without judgment”



Scientifically speaking, what mediation brings you?

**ADVANTAGE**

# Improved Concentration



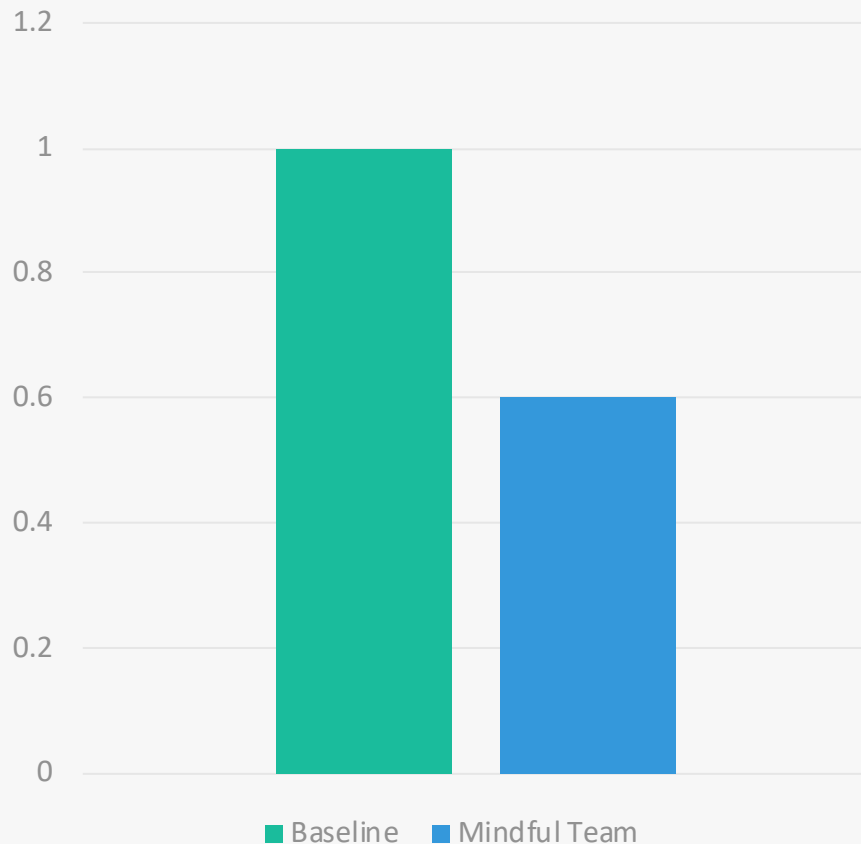
Facts about meditation:

- Meditation has been adopted by Google and the US military as a mean to improve work performance
- Science shows that meditation helps one to stay on task longer, switch less between tasks, and enjoy the task itself more.<sup>1</sup>
- Esteemed academic institutes, for instance CUHK (中文大學全人發展中心), are our clients and the participants reported mindfulness brings them a concentrated state of mind.

1. Levy, D. M., Wobbrock, J. O., Kaszniak, A. W., & Ostergren, M. (2012). The effects of mindfulness meditation training on multitasking in a high-stress information environment. In *Proceedings of Graphics Interface 2012* (pp. 45-52). Canadian Information Processing Society.

# Less conflicts between teachers & students

A mindful group spent 40% less time in conflicts<sup>1</sup>



1) <https://www.mediate.com/articles/belak4.cfm>

How does mindfulness help with conflicts?

It creates an equanimous space that anger, impulses are contained and observed non-judgmentally.





# Better emotional management

Mindfulness builds up the two **core strengths** for effective emotion management:



Self-awareness

“Mindfulness practice, or meditation generally, are essentially practices of **self-awareness**. That’s the first part of emotional intelligence.”

- Mindfulness Master Daniel Goleman

“As long as you’re breathing, there’s more right with you than wrong with you.”

- Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction programme



Self-compassion

With mindfulness, we’re building **intimacy with what’s in our mind**. That allows us to better manage our emotions, drives and desires.



# Stress coping

Mindfulness brings physiological and psychological changes that are cores to stress coping:



Heart rate<sup>1</sup>  
A typical response for  
physiological arousal

Skin conductance<sup>2</sup>  
As known as –  
sweat of anxiety

Resilience<sup>3</sup>  
The ability to persevere,  
to navigate effectively  
under extreme stress

1) Shu-Zhen Wang, Sha Li, Xiao-Yang Xu, Gui-Ping Lin, Li Shao, Yan Zhao, and Ting Huai Wang. Effect of slow abdominal breathing combined with biofeedback on blood pressure and heart rate variability in prehypertension. *The Journal of Alternative and Complementary Medicine*. October 2010, 16(10): 1039-1045. doi: 10.1089/acm.2009.0577

2) Lush, E., Salmon, P., Floyd, A., Studts, J. L., Weissbecker, I., & Sephton, S. E. (2009). Mindfulness meditation for symptom reduction in fibromyalgia: psychophysiological correlates. *Journal of Clinical Psychology in Medical Settings*, 16(2), 200.

3) Keye, M. D., & Pidgeon, A. M. (2013). Investigation of the relationship between resilience, mindfulness, and academic self-efficacy. *Open Journal of Social Sciences*, 1(06), 1.

What's **special** about TreeholeHK?



One-off training  
for lasting effect



Cost-effective  
solution



Scientific proved  
approach for  
everyone

# Let our **events move you** (quite literally)

Our mindfulness activities go beyond sitting meditation. TreeholeHK is experienced in offering these mindfulness-based trainings. **Invigorating and fun** at the same time.



Mindful Hiking Series

Featured by 



Mindful Cooking Series

Featured by 

Other activities that we offer:

Chinese Calligraphy  
Yoga  
Art Painting  
Philosophy of Mindfulness

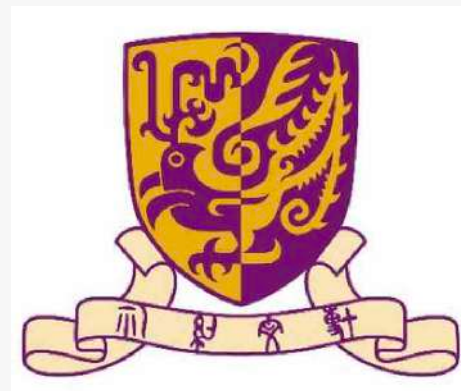
(and much more – contact us to enquire)

# Training Programme for Academic Institutions



	Option (A) Fast-track Workshop	Option (B) Deep-learning Programme	Option (C) Customized Workshop
Details	Topic-focus workshop, each session focus on one practice of meditation technique	A series of bi-weekly workshops accompanied by weekly 1-on-1 follow-up call with participants	We carefully listen and understand the needs of your school, to design a customized program that works best for your members
Time	One-off workshop: -2-hr per session -One 1-on-1 30 mins follow-up calls	Typically 2-Month: -Bi-weekly 2-hr workshop -Weekly 1-on-1 30 mins follow-up calls	Customized to suit your schedule
Suitable for	- To learn an effective relaxation technique	- Teachers in coping stress	- A team in enhancing communication

# Recognition, Partners & Clients



Contact us for a free consultation



Facebook  
[澍洞 - TreeholeHK](#)



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