

敬啟者：

頌鉢 x 香薰 放鬆減壓體驗工作坊

在繁忙的家庭與工作生活中，家長往往承受著不同層面的壓力。為支持家長的身心健康，本校家長教師會特別舉辦「頌鉢 x 香薰 放鬆減壓體驗工作坊」，透過聲音、香氣與靜心冥想的結合，讓家長在舒適的環境中深度放鬆，為身心重新充電。

頌鉢產生的共振與頻率可協助舒緩身體緊張、平衡情緒；配合天然香薰的芳香療癒作用，更能提升專注、安定心靈、改善睡眠質素。工作坊由專業導師帶領，即使沒有任何相關經驗亦可輕鬆參與，一同享受身心被照顧的片刻寧靜。工作坊詳情如下：

日期：	2026 年 1 月 8 日(星期四)	時間：	上午 10:00 – 11:30
地點：	本校 326 多用途活動室	對象：	本校家長
名額：	15 位(名額有限，先到先得)	費用：	全免

工作坊內容包括：

- 頌鉢聲頻介紹及示範
- 香薰芳療基本知識及舒壓功效講解
- 頌鉢聲頻配合香薰的深層放鬆體驗
- 靜心冥想與呼吸練習

貼心提醒：

- 建議穿著輕鬆舒適的衣物。活動期間可採用坐姿或躺姿，如需可自備薄外套。

報名方法：

請於 2026 年 1 月 3 日前透過以下網上表格報名。名額有限，額滿即止。如閣下成功報名，將會收到電話確認通知。



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此 致
貴 家 長

佛教葉紀南紀念中學
家長教師會秘書



李珍莉 謹啟

二零二五年十二月十六日

16th December, 2025

Dear Parents,

Singing Bowls x Aromatherapy Relaxation Workshop

To support parents' well-being, our school PTA is hosting a "Singing Bowls x Aromatherapy Relaxation and Stress-Reduction Workshop." This event combines sound, scent, and meditation, allowing parents to relax and recharge in a comfortable setting.

Singing bowls' resonance helps ease tension and balance emotions, while natural aromatherapy enhances focus and improves sleep quality. Led by professional instructors, this workshop is accessible to all, regardless of experience.

Workshop Details are as follows:

Date	January 8, 2026 (Thursday)	Time	10:00 – 11:30AM
Venue	Room 326	Target	Parents of YKN
Quota	15 participants (limited spots, first come first served)	Fee	Free

Workshop Includes:

- Introduction and demonstration of singing bowl frequencies
- Basic knowledge of aromatherapy and its stress-relief effects
- Deep relaxation experience combining singing bowl frequencies with aromatherapy
- Mindful meditation and breathing exercises

Friendly Reminder:

- It is recommended to wear comfortable and relaxed clothing. Participants may sit or lie down during the activity and may bring a light jacket if needed.

Registration Method:

Please register online by January 3, 2026. Spots are limited and will close once full. **If you successfully register, you will receive a phone call for confirmation.**



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Sincerely,



Li Chun Lee

Secretary of the Parent-Teacher Association

Buddhist Yip Kei Nam Memorial Secondary School

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