

Lunchtime Meditation

Mar 5, 12, 19, 26

Weds, 12.45 ~ 1.30pm

Refresh your mind through a simple guided meditation, followed by a delicious vegetarian lunch at the Centre. Take away lunch is also available.

Venue : KMC HK – 1/F, Causeway Tower, 16-22 Causeway Road, Causeway Bay, HK

Fee : \$108 (incl. vegetarian lunch)

Bookings / Inquiry : 2507 2237 / info@meditation.hk