

Tibetan Singing Bowl Experience 西藏頌鉢體驗



Singing bowls and gongs that will be used in the workshop (Image provided by instructor)
本次活動所用的頌鉢和銅鑼(照片由導師提供)

The vibrations of Tibetan singing bowls are believed to resonate with our bodies and minds, stimulating our circulation and creating a therapeutic effect.

To complement the exhibition *Eternal Transience, Enlightened Wisdom: Masterpieces of Buddhist Art*, UMAG is offering a singing bowl experience in the gallery. Participants will have the opportunity to shed some stress and achieve a balanced state of mind through the power of sound therapy, while also taking in the exhibition. In this hour-long musical journey, the instructor will introduce the singing bowl and gong and the roles of these instruments in sound therapy.

Note: Participants will need to **bring their own yoga mats**, and are advised to bring a jacket as the gallery temperature is quite cool.

頌鉢源於西藏，其聲頻能調節身心，與身體機能產生共振，加速血液循環，從而發揮聲音療癒的功效。為配合「如來一相：佛教藝術藏珍」展覽，博物館將於展廳舉辦頌鉢體驗，希望參加者在安靜舒適的環境中，透過聲音調整失衡部位及釋放壓力之餘，亦能夠靜下心來欣賞展覽。

在一個小時的體驗旅程中，導師亦會介紹頌鉢和銅鑼等樂器，以及其在聲音療癒中之角色。
注意：學員必須**自備瑜伽墊**。另外，展廳內的溫度較低，請務必帶備外套或毛巾。

Instructor 導師

Brenda Pang has been teaching Kundalini yoga for 10 years. Studied under the world-renowned gong master Don Conreux, she has participated in hundreds of gong bath and Tibetan singing bowl concerts. Audiences describe her sound bath meditation releases a soft, balanced elevating tone that provides an exquisite harmonisation with the atmosphere. She also received Yoga of Holistic Resonance Gong Master Training Level 1 certificate.

彭玉萍擁有 10 年教授昆達里尼瑜伽的經驗，曾參演過百場銅鑼浴及西藏頌鉢，觀眾形容其頌鉢演奏和諧溫柔，聲頻流動如在胎中被呵護。

她師承國際銅鑼大師 Don Conreux，並獲得 Holistic Resonance「音療證書」。



Date 日期	Day 日子	Time 時間	Registration Deadline 截止報名日期	Language 語言
2022-08-30	Tuesday 星期二	13:00–14:00	2022-08-26	Cantonese 粵語
2022-09-06	Tuesday 星期二	13:00–14:00	2022-09-02	Cantonese 粵語
2022-09-13	Tuesday 星期二	13:00–14:00	2022-09-09	Cantonese 粵語
2022-09-20	Tuesday 星期二	13:00–14:00	2022-09-15	English 英語

Venue 地點

1/F, T.T. Tsui Building, UMAG, HKU, 90 Bonham Road, Pokfulam, Hong Kong (Please enter the museum via the Fung Ping Shan Building)

香港大學美術博物館徐展堂樓一樓（請由馮平山樓進入）

Audience and Limit 對象及名額

Aged 16 or above. Maximum 7–13 people (capacity might vary according to the government's precautionary measures). All persons entering the museum, except those exempted, are required to scan the "LeaveHomeSafe" QR code and comply with the requirement of the Government and HKU Vaccine Pass. More details on entry requirements can be found on the following website: <https://umag.hku.hk/visit/#precautionary-measures/>.

16歲或以上人士參加，名額7–13人（人數及安排將會因應政府的防疫措施而有所調整）。所有人士進入博物館前必須掃描「安心出行」二維碼，並須符合政府及港大「疫苗通行證」實施的相關要求，豁免人士除外。更多入場要求詳情可參閱此網站：<https://umag.hku.hk/tc/visit/#precautionary-measures/>。

Cost 費用

HK\$100 per person.

每位港幣100元正。

Registration 報名

Registration opens on **11 August 2022**. To register, please complete the application form and submit it together with the corresponding course fee to UMAG **via mail** or to the Museum Office on 2/F T.T. Tsui Building **in person during office hours**. Payment methods and mailing details are on page 3 of the application form. **All applications will be processed only when both the completed form and course fee are received.**

2022年8月11日開始接受報名。請填妥報名表，聯同報名費用以**書面郵寄方式或於辦公時間親身遞交至位於港大徐展堂二樓的博物館辦事處**。郵寄及繳費詳情請參閱報名表第三頁。**所有申請均需交妥報名表及報名費用方作處理。**

Enquiries 查詢

For enquiries, please contact Ms. Lorraine Choi: lchoi@hku.hk / 2241 5506.

如有查詢，請聯絡蔡小姐 lchoi@hku.hk / 2241 5506。





Tibetan Singing Bowl Experience 西藏頌鉢體驗

Name of participant 1 參加者姓名 1 : _____

Salutation 稱謂 : Prof. 教授/Dr. 博士/Mr. 先生/Mrs. 太太/Ms. 女士/Other 其他/Prefer not to disclose 不願透露

Telephone 電話 : _____

Email 電郵 : _____

Subscribe to UMAG e-newsletter 訂閱港大美術博物館電子報 : Yes 訂閱 No 不訂閱

Name of participant 2 參加者姓名 2 : _____

Salutation 稱謂 : Prof. 教授/Dr. 博士/Mr. 先生/Mrs. 太太/Ms. 女士/Other 其他/Prefer not to disclose 不願透露

Telephone 電話 : _____

Email 電郵 : _____

Subscribe to UMAG e-newsletter 訂閱港大美術博物館電子報 : Yes 訂閱 No 不訂閱

For applicant under 18: Signature from your parent or guardian is required for applicants under the age of 18
18 歲以下人士適用：申請人未滿 18 歲，須由家長或監護人簽署

Name of parent or guardian 家長/監護人姓名 : _____

Relationship 關係 : _____ Emergency contact phone no 緊急聯絡人電話 : _____

Date 日期	Day 日子	Please tick the selected date 請選擇
2022-08-30	Tuesday 星期二	<input type="checkbox"/>
2022-09-06	Tuesday 星期二	<input type="checkbox"/>
2022-09-13	Tuesday 星期二	<input type="checkbox"/>
2022-09-20	Tuesday 星期二	<input type="checkbox"/>

Payment Methods 付款方法

Crossed cheque 劃線支票 (No 支票號碼 : _____)

payable to the "The University of Hong Kong" 支票抬頭請寫「香港大學」

Please send the application form and cheque to: University Museum and Art Gallery, HKU, 90 Bonham Road, Pokfulam
Attn: Ms. Lorraine Choi (Please label the envelop: Tibetan Singing Bowl Experience)
填妥表格後，請連同支票，寄回：香港般咸道九十號 香港大學美術博物館 蔡小姐收
(信封上註明：西藏頌鉢體驗)

Cash 現金

Please pay the cash in person to 2/F T.T. Tsui Building, UMAG, HKU during office hours, Mon–Fri 10:00–17:30 except during lunchbreak at 13:00–14:15. **PLEASE DO NOT MAIL CASH.**

請於辦公時間到本館徐展堂樓二樓繳付款項，本館辦公時間為星期一至五 10:00–17:30 (午膳時間 13:00–14:15 除外)。

請勿郵寄現金





Important Notes 重要注意事項

- Application will be accepted on a first-come, first-served basis;
- Each person/group can register for and participate in **one** Tibetan Singing Bowl Experience only.
- Incomplete/ Late applications will not be processed.
- Applications will be processed only when the completed application form and the course fee are received.
- Application or reservation by phone, by email or by fax is not accepted.
- Application fee is not refundable or transferable, except in the event of the programme cancellation.
- UMAG shall have the right to make changes regarding the instructor, place and time of programme when necessary.
- Successful applicants will be contacted by phone or by email within 3 working days;
- If you submitted the application form but did not receive a reply within 5 working days, please email museum-events@hku.hk or call 2241 5506 to check on the progress of your application.
- In case of dispute, the decision of UMAG is final.

* University Museum and Art Gallery have the right to request proof of age from any attendee.

- 本館將按先到先得方式處理有關申請;
- 每名參加者只可參加 西藏頌鉢體驗 **壹次**。
- 如申請人未填妥申請表或於申請截止日期後遞交申請，該申請將不獲處理。
- 所有申請均需交妥申請表及活動費用作處理。
- 以電郵、電話或傳真的申請及預約將不獲接受。
- 除活動取消外，已繳費用一概不予退還，亦不得撥作申請參與其他活動。
- 香港大學美術博物館有權更改原定之導師，活動舉行的地點及時間。
- 獲取錄之人士，本館將於收妥申請表及支票後三個工作天內以電話或電郵通知。
- 如閣下於遞交申請後的五個工作天尚未收到通知，請電郵至 museum-events@hku.hk 或致電 2241 5506 查詢有關申請的進展。
- 如有任何爭議，香港大學美術博物館將保留最終決定權。

* 香港大學美術博物館保留向參加者要求出示年齡證明文件之權利。

In the interest of public health, UMAG will adopt the following measures 博物館將採取下列衛生防護措施

- A temperature check will be conducted upon entry.
- All persons entering the museum, except those exempted, are required to scan the "LeaveHomeSafe" QR code and comply with the requirement of the Government and HKU Vaccine Pass. **More details on entry requirements can be found on the following website: <https://umag.hku.hk/visit/#precautionary-measures/>.**
- Visitors are required to properly wear their face mask at all times. They are advised to wash their hands and use the hand sanitizer and sink available at the entrance.
- Crowd control measures will be in place; UMAG reserves the right to limit the number of visitors.
- Children under 12 can only enter the museum when accompanied by an adult.
- Disability access is available upon request. Please contact the museum at (852) 2241 5500 three working days prior to your visit.

UMAG will continue to assess the situation and adjust the relevant preventive measures as necessary.

- 訪客必需接受體溫探測。
- 所有人士進入博物館前必須掃描「安心出行」二維碼，並須符合政府及港大「疫苗通行證」實施的相關要求，豁免人士除外。**更多人場要求詳情可參閱此網站：<https://umag.hku.hk/tc/visit/#precautionary-measures/>。**
- 訪客必需於博物館範圍內妥善配戴口罩，並在入口處使用酒精搓手液及洗手盤清潔雙手。
- 博物館將適時控制入場人數，並保留限制訪客人數之權利。
- 12 歲以下兒童必需在成人陪同下方可進館。
- 博物館可按要求提供無障礙設施。請於參觀日期前三天致電 2241 5500。

博物館將會嚴格執行以上措施，並會密切留意有關情況，在有需要時作出調整。





Adverse Weather Arrangement 惡劣天氣安排
Arrangements of Museum Programmes 博物館活動安排

Under the situations as listed below:

1. Tropical Cyclone Warning Signal No. 8 (or above) is hoisted; or
2. Tropical Cyclone Warning Signal No. 8 will be issued within two hours as announced by the Hong Kong Observatory; or
3. "Extreme conditions" after super typhoons are in force (announced by the Government before the Hong Kong Observatory replaces Tropical Cyclone Warning Signal No. 8 with Tropical Cyclone Warning Signal No. 3); or
4. Red or Black Rainstorm Signal is in force

The following arrangements will apply:

For on-site programmes* not yet started

- If any of the warnings or announcements is hoisted or in force at or after 6:00 am, all programmes commencing before 2:00 pm will be cancelled automatically.
- If any of the warnings or announcements is hoisted or in force at or after 11:00 am, all programmes commencing at any time from 2:00 pm and before 6:00 pm will be cancelled automatically.
- If any of the warnings or announcements is hoisted or in force at or after 3:00 pm, all programmes commencing from 6:00 pm onward will be cancelled automatically.

For on-site programmes* already started

- When Tropical Cyclone Warning Signal No. 8 or above is hoisted or the No. 8 Signal will be issued within two hours as announced by the Hong Kong Observatory, or "extreme conditions" are in force, all programmes will be suspended immediately.
- When Red or Black Rainstorm Signal is hoisted, all programmes, except those held outdoors, will continue. For outdoor activities, the responsible staff members on the spot should suspend the activities immediately, ensure that all participants are taken to a safe place, and remain there until it is safe for them to return home.

* Cancelled programmes will be postponed or fees refunded. Programme fees (if any) will be refunded only if there are more than half of the class time left to the original finishing time. UMAG will inform the participants of the arrangement as soon as possible.

When Tropical Cyclone Warning Signal No. 3 or Amber Rainstorm Signal is in force, it should be assumed that all programmes will be held as scheduled unless an announcement to the contrary has been made by UMAG.

如有下列情況：

1. 懸掛八號（或以上）熱帶氣旋警告信號；或
2. 香港天文台將於未來兩小時內發出八號熱帶氣旋警告信號；或
3. 超強颱風生效後的「極端情況」（在香港天文台以三號熱帶氣旋警告信號取代八號熱帶氣旋警告信號前由政府宣布）；或
4. 紅色或黑色暴雨警告信號生效時

博物館將採取下列措施：

尚未開始的現場活動*

- 當上述任何警告信號或消息於上午六時或之後發出或生效，所有下午二時前開始的活動將自動取消。
- 當上述任何警告信號或消息於上午十一時或之後發出或生效，所有下午二時至下午六時開始的活動將自動取消。
- 當上述任何警告信號或消息於下午三時或之後發出或生效，所有下午六時後開始的活動將自動取消。

已開始的現場活動*

- 當八號或以上熱帶氣旋警告信號生效，或香港天文台宣布將於未來兩小時內發出八號信號，又或「極端情況」生效時，所有活動將馬上暫停。
- 當紅色或黑色暴雨警告信號生效時，除戶外活動外，所有活動如常進行。如有戶外活動，負責職員應馬上暫停活動，確保所有參加者前往安全地方暫避並在場陪同，直至所有參加者可安全離開。





註：取消的活動將延期舉行或退款予參加者。活動費用（如有）只會於活動距離原定完結時間剩餘一半以上課時方會安排退款。博物館將儘早通知參加者退款安排。

當三號熱帶氣旋警告信號或黃色暴雨警告信號生效時，除非博物館另行通知，所有活動將如常舉行。

Personal Data Collection Statement 個人資料收集聲明

You have the right to request access to and correction of personal data as stated in this form in accordance with Section 18, 22 and Principle 6 of Schedule 2 to the Personal Data (Privacy) Ordinance. The personal data provided in this form will be entered into the Museum's record.

根據個人資料（私隱）條例第十八、二十二及附表一載列的第六原則，申請人有權要求查閱及更正表格內所提供的個人資料。本館會把申請人於表格內所提供之個人資料存檔。

Notice of Filming and Photography 活動拍攝及錄影安排

Please note that filming/photography/recording will take place at the workshop for promotional purposes. 本館將於活動當日安排拍攝及錄影，作日後相關活動推廣及宣傳用途。

Enquiries 查詢

Enquiries concerning adverse weather arrangement or the personal data collected in this form, including the request for access and corrections, should be addressed to Curator (Education) (Telephone: 2241 5512 or elenac@hku.hk) or Junior Curatorial Assistant (Telephone: 2241 5506 or lchoi@hku.hk).

如因颱風襲港、暴雨警告生效及特別交通狀況而取消活動之查詢或申請人欲查閱及更正本表格所收集的個人資料，請聯絡館長（教育）（電話：2241 5512 或 elenac@hku.hk）或初級策展助理（電話：2241 5506 或 lchoi@hku.hk）。

