



Haw Par Music Wellness Day – Sunday, July 5 <Disconnect to Reconnect>

FOR IMMEDIATE RELEASE

26 June 2020, Hong Kong - We all need an inspirational start to live a healthier and happier life. A man can create a lot of positive impact on lives of thousands, when he is healthy and happy. The world keeps creating new challenges for us. However, **one day in the year could be all you need to change your life.** This day can be the start of something beautiful. This start can be the Haw Par Music Wellness Day.

Haw Par Music, a Grade 1 historic building and formerly known as Haw Par Mansion, together with Encompass HK, a local social enterprise promoting the achievement of Sustainable Development Goals (SDGs), will together curate the first-of-its kind music and wellness programme at Haw Par Music on July 5. The one-day wellness day aims to provide a holistic approach to wellness by providing a range of music-themed wellness talks, performances and workshops that offer diverse opportunities for participants to improve their wellbeing (Sustainable Development Goal 3).

<Disconnect to Reconnect>

The theme of the July 5 Haw Par Music Wellness Day is “Disconnect to Reconnect”. We aim to engage the community in this unique historical site, away from the urban jungle, so that they can unplug from daily life and reconnect with their inner wellbeing. This is particularly relevant since Hong Kongers have been facing unprecedented levels of stress in the last few months amid the coronavirus pandemic. Research published in The Lancet found that 32 per cent of survey respondents in Hong Kong showed signs of PTSD in September to November 2019, up from 5 per cent in March 2015.

Programme Highlights

Our programme includes wellness workshops centred on activities such as using singing bowls, practising family-friendly yoga, meditation and breathwork, and exploring the natural trails behind Haw Par Music.

There will also be music-themed wellness talks presented by medical professionals and community leaders, such as “Rhythm For Life And Wellbeing” by Professor Rainbow Ho, Associate Dean (Postgraduate Education) in the Faculty of Social Sciences from The University of Hong Kong, as well as “Welcome Music To Your Brain” by Dr. Paulina Wong, Assistant Professor of Teaching in the Department of Cultural and Creative Arts (CCA) from The Education University of Hong Kong.



In addition, utilizing the unique heritage and collaborate environment of Haw Par Music, we will be making leaf flutes and paper mobiles featuring Haw Par Music's Chinese eclectic architectural elements.

Our performances will include Medipella, an acapella group formed by current medical professionals; REED4BLE, a local wind and guitar ensemble and many other performances.

Re-energising the community

We hope that this event will help to reenergize the community, and highlight helpful tips that we can all adopt to improve our wellbeing. We look forward to seeing all of you on July 5. As Executive Director (Programming) of Haw Paw Music, Sheryl Lee said, "Music brings joy. It has all kinds of benefits and positive effects on people, from empowerment to uplifting one's mood. The wellbeing of people in our communities is very important to the development of our holistic approach to music education at Haw Par Music, thus, setting us apart from other music programmes in Hong Kong." Our programme is bilingual and suitable for all ages and abilities.

Admission Information

General Admission \$100/\$50**

Includes individual size of food and beverage, unlimited access to talks and performances

Additional Packages

1. Trio Pass \$250/\$125**

2. Single Pass \$100/50**

* Free admission for children under 3

** 50% off for Children aged 3-8

Online Registration: <https://bit.ly/HPMWD720>

Image





Download high-resolution photos here: <https://drive.google.com/drive/folders/1f9zz1-dasGLZXJxNB4SzHpj1dIP1g0Fy?usp=sharing>

Presented By



Beverage Support



About Haw Par Music

Under the Revitalising Historic Buildings Through Partnership Scheme in 2018, the Haw Par Mansion has been revitalised into Haw Par Music, a centre for cross-cultural exchange through music, heritage and arts, with a social initiative. It aims to create a unique place where the heritage of the Haw Par Mansion integrates with the vibrant and enriched music education and arts programmes for the Hong Kong community. It also serves to develop a broader cultural understanding for the enrichment of life, future community and service leaders, and to enhance harmony through music.

About Encompass HK

Encompass HK is a social enterprise that advocates for the Sustainable Development Goals (SDGs) by offering training and consultancy services to educate and support organisations to be more diversified and inclusive. The enterprise serves the community by supporting different social causes and Non-Governmental Organisations financially, as well as through a collaborative model. Though some of their programmes do happen within an office setting, they also believe in integrating sustainability into daily lives by hosting events such as coffee and wine tastings, or experiential-learning excursion in Nine Pins Island, Lai Chi Wo and Hoi Ha. True to the nature of the enterprise, they commit to reinvesting at least 60% of net profits into achieving their social mission. Our clients include SWIRE Properties, Jardines, Manulife, ANZ Bank, Schrodgers, Freshfields and many others.



Encompass Hong Kong

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