



# BREATHING with TREES

A Breathwork Event with Claire Elouard and Andrew McAulay

28 April 2019



**K F B G**  
Kadoorie Farm & Botanic Garden  
嘉道理農場暨植物園

## Introduction

Learn about our relationship with trees and experience the power of breath in this one day workshop at Kadoorie Farm and Botanic Garden and Kadoorie Centre of The University of Hong Kong.

In this special event, *Energy of Nature* teacher, Claire Elouard, will combine with *Breath of Bliss* facilitator, Andrew McAulay to guide participants through an exploration of multiple dimensions of our relationship with the plant world. The day will begin with a talk and guided walk, and progress through experiential exercises toward culmination in a powerful breathwork ceremony...

## Facilitators

### Dr. Claire Elouard



Dr. Claire Elouard is of French nationality; she spent her early childhood in Senegal, Africa, and later studied in France. She has a Master's degree in Biology and a Ph.D. in vegetal ecology from Universities in France. She conducted her field research for her Ph.D. in Indonesia, and afterward spent eight years doing research in forest pathology and ecology in Malaysia and South India. Subsequently, she directed an environmental project in the Mumbai area in India, from 2001 to 2015. She has been coming to KFBC for developing her workshops on the "Energy of Nature".

Dr. Claire Elouard has been deeply connected with nature since childhood. She later developed her perception of nature's energy and deepened it by learning about the Hindu philosophy on the five elements and their corresponding chakras. She has been teaching people to communicate with nature and perceive its energy since 2004 in India, France, Taiwan, Hong Kong, Singapore and China.

### Andrew McAulay

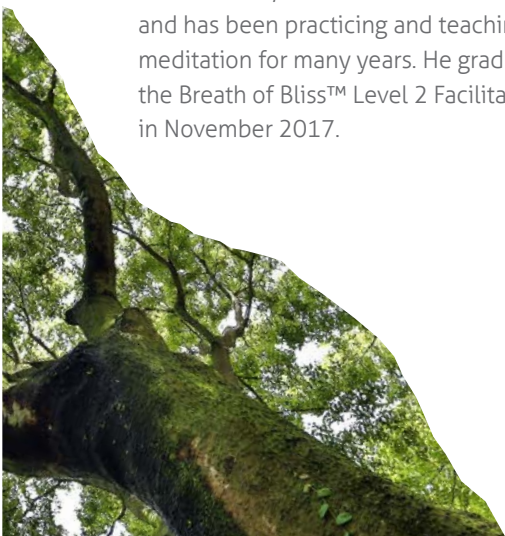
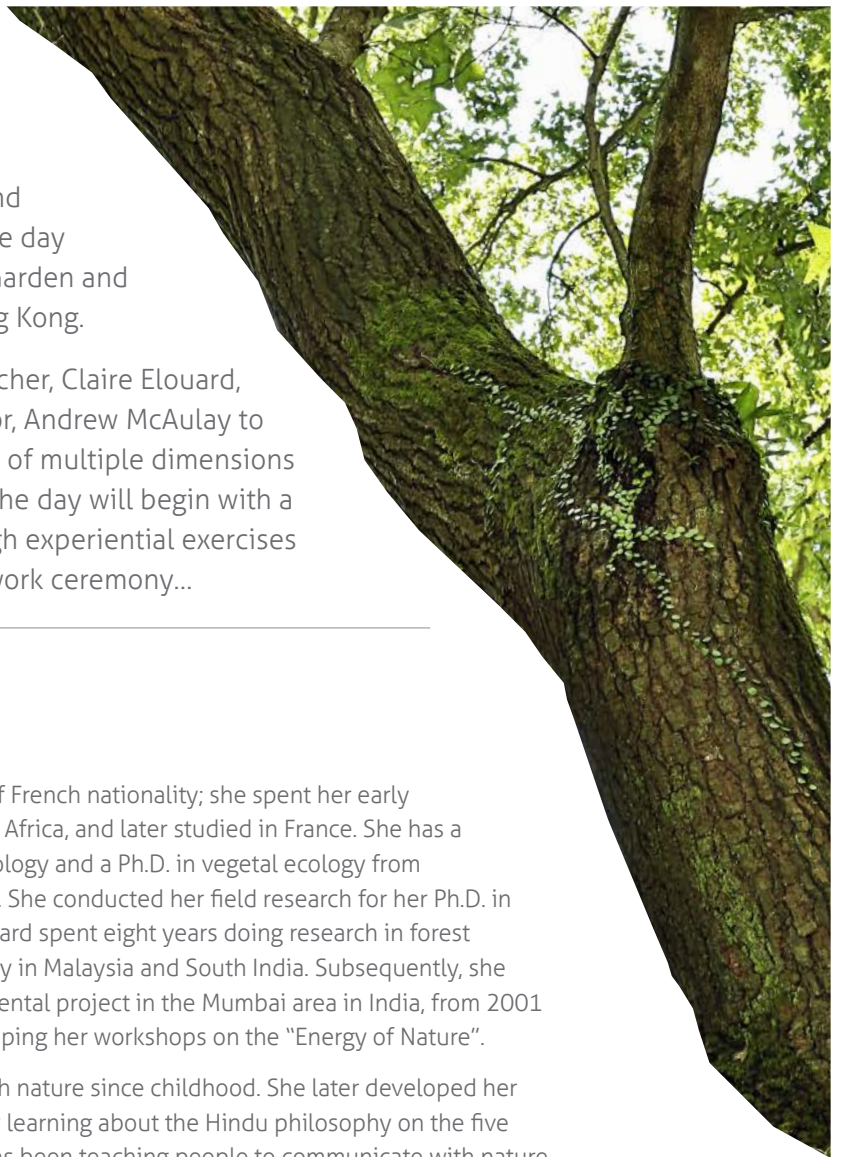


Andrew McAulay has overseen the development of KFBC's programmes since its "rebirth" in 1995 as a nature conservation centre and is the current Board Chair. He is passionate about nature, has written two books of poetry and has been practicing and teaching meditation for many years. He graduated from the Breath of Bliss™ Level 2 Facilitator Training in November 2017.

**Breath of Bliss™** is a transformational practice that infuses you with aliveness using breath, movement and sound. Unlike other breathing practices, this exercise focuses on liberating oneself and achieving wholeness.

The deep, circular, connected breathing used in Breath of Bliss™ is very different from everyday or yogic breathing. Benefits include:

- Physical sensation, enhanced sense of aliveness, clearing of blocked energy/emotions giving you access to desirable emotions
- Profound insights, greater brain connectivity, creativity and focus
- Freedom from stress and anxiety
- Access to the unconscious mind to shed limited beliefs and patterns
- Greater feelings of compassion and connection to yourself, the Earth, and other people
- Stimulation of the pituitary gland, release of natural chemicals to access visions, altered states of consciousness and spiritual awakening



## Date/Time

**28 April 2019 (Sunday) at 10:00-17:00**

Participants are expected to participate fully in every session.  
Applicants wishing to attend only parts of the programme will not be accepted.

## Venue

**Kadoorie Farm & Botanic Garden and  
Kadoorie Centre of The University of Hong Kong, in Shek Kong, Lam Kam Road, Tai Po**

## Language

English

## Target Audience/ No. of Participants

**Aged 18 or above / Maximum 30 participants**

## Fee

**\$800 per person**

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## Application

**Please complete the online application form on or before 7 April 2019. Details are as follows:**

1. Upon receipt of the application form, acknowledgement of application will be sent to you by email within five working days.
2. Spaces are limited and we may have to select participants from a large number of applicants.
3. If your application is accepted, a payment notice will be sent to you by email by **14 April 2019**.
4. If your application is not accepted, you will be added onto the waiting list. We will inform you once there is a seat available.
5. Payment method will be provided in the notice. Please settle the course fee **within one week** after receiving the notice. Otherwise, your reservation may be cancelled and released for others.
6. A confirmation letter will be sent to you by email after all payment is settled.
7. Payment is not refundable after acceptance.

## Enquiry

For enquiries, please contact Ms Vera Hung at (+852) 2483 7107 or email to [edu\\_programme@kfbg.org](mailto:edu_programme@kfbg.org).

For more info on Breath of Bliss, please visit [www.breathbliss.com](http://www.breathbliss.com).