



**HKU  
Med**

**EdTech**  
and **SIMHSE**



**HKU  
Med**

LKS Faculty of Medicine  
Bau Institute of Medical &  
Health Sciences Education  
香港大學鮑氏醫學及衛生教育研究所

# HKUMed Teaching and Learning Expo: Harnessing AI to Revolutionize Health Sciences Education

**Nov 27–28  
2025**

## Mindful Yoga and Stretching



### Prof Jojo KWOK

*Assistant Professor  
School of Nursing,  
Li Ka Shing Faculty of Medicine*

*Associate Director  
Centre on Behavioral Health,  
The University of Hong Kong*

### Biography

Prof Jojo Kwok is a registered nurse, certified yoga instructor, and mindfulness researcher, whose work bridges neuroscience, behavioral science, and compassionate care.

Her mindfulness based clinical trials in Parkinson's disease—published in journals such as JAMA Neurology and Psychotherapy and Psychosomatics—show benefits for mood, stress, motor function, and inflammation. She co-leads the Jockey Club Movin' CARE for Parkinson's Disease Project, a territory wide initiative grounded in a 3C model: Community-based, Compassion-focused, and Complementary mind-body care integrated with existing healthcare. In teaching, she advocates evidence-based mindfulness practices that build resilience, reduce stress, and support whole-person care for clinicians and students.