



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

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## Mindful Yoga and Stretching



### Prof Jojo KWOK

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### 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.