



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

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Sitting Meditation with Singing Bowl



Prof Pamela LEE

*Assistant Dean (Clinical Curriculum)
Clinical Associate Professor,
Department of Paediatrics and Adolescent Medicine,
Li Ka Shing Faculty of Medicine*

*Master, D. H. Chen College,
Jockey Club Student Village IV,
The University of Hong Kong*

Biography

I first came to learn about mindfulness here in the HKUMed campus, when I participated in a mindfulness retreat led by the Plum Village Sangha in 2007. Thich Nhat Hanh's book "Peace Is Every Step – The Path of Mindfulness in Everyday Life" has been the cornerstone of my journey on Mindfulness. I am a certified Mindful Yoga teacher (RYT200), with experience in Sound Healing and Therapy. I practice Shinrin Yoku (Forest Bathing) as a way to connect with nature. These are means of connecting our body and mind by opening our Five Senses, allowing us to develop sensitivity and awareness to the needs of ourselves and others. Mindfulness enables us to be fully present, be attentive and observant. I incorporate these concepts in my teaching, that we can transmit positive or negative energies through eye contact, words, touch, our appearance and body language when we interact with patients, depending on the state of our mind.