

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

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## Outdoor Mindfulness Exercises

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### Biography

Dr Pauline Luk is a qualified mindfulness practitioner and educator. She is trained as a Mindfulness-Based Cognitive Therapy (MBCT) Teacher through the Oxford Mindfulness Foundation. Additionally, she is a certified facilitator of Flourishing in Medicine (Mindful Practice in Medicine®), developed by the University of Rochester School of Medicine and Dentistry in the USA, for healthcare professionals. She is also a 200-hour trained mindful yoga instructor, a Singing Bowl Therapist and has completed Level 1 of Mindfulness-Based Stress Reduction Teacher Training.

Dr Luk has conducted MBCT-L workshops for medical students, nurses, social workers, and administrators, promoting well-being and integrating mindfulness into her medical education and community initiatives.