



# 香港中文大學職員協會

## 禪繞進階班

禪繞藝術 (Zentangle®) 是源自美國 Rick & Maria 夫婦始創的一種簡易繪畫方法，利用結構性圖案來創作。「一筆一畫，無限可能。」禪繞是一場筆與紙的自我對話，發現更多未知的自己。不需任何繪畫技巧，沒有對與錯，沒有美與醜，只需筆隨心轉，一筆一畫，療癒心靈，放鬆地繪出自己的世界。

你願意在午間時間跟我們一同享受快樂嗎？讓自己休息一下吧，快啲參加禪繞畫認證導師 Amy Wong 的「禪繞初體驗」！



導師 Amy Wong (禪繞畫認證老師 CZT Asia #2) 畫作

課程內容：	介紹禪繞畫哲理· 101體驗及基礎技巧· 點線運用· 陰影技巧· 加強技巧· 網絡與片段· 禪繞靜心
日期/時間：	<b>19/5 - 23/6/2025 (13:00 - 14:00)</b> (全期六堂 / 每逢星期一)
地點：	富爾敦樓310室
費用：	會員/退休會員/家屬:\$600      非會員:\$650
截止日期：	14/5/2025 (隨後將公開招生)
備註：	材料工具一套 (價值HK\$100)，上課時繳交 (包括：色筆5支，紙磚款式-圓磚，三角磚，色磚)

查詢：林小姐 電話：3943 0806 傳真：2603 6363 (辦公時間：星期一至五 上午十一時至下午六時)  
WhatsApp：9188 8758 電郵：staff-association@cuhk.edu.hk

### 「禪繞進階班」- 報名表格

本人擬參加香港中文大學職員協會主辦之禪繞進階班。

- 付款方法：
- 郵寄支票** 支票抬頭「香港中文大學職員協會」，連同訂購表寄中大職協會址 (富爾敦樓 308 室) 或
  - 銀行入數** 恆生銀行帳戶名稱/號碼：STAFF ASSN OF CUHK/293-282828-002  
請將銀行入數收據紀錄及報名表格透過下列方法遞交至職協：  
\*WhatsApp：9188 8758 或 \*傳真：2603 6363 或 \*電郵：staff-association@cuhk.edu.hk
  - 繳付現金** 請交回富爾敦樓 308 室職協會所林小姐辦理。

會員/家屬姓名：\_\_\_\_\_ 會員編號：\_\_\_\_\_

部門：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

現金/支票/轉帳(號碼：\_\_\_\_\_) 日期：\_\_\_\_\_

電郵：\_\_\_\_\_



Staff Association of The Chinese University of Hong Kong

# Zentangle - Advanced Class

"Anything is possible, one stroke at a time." Zentangle® allows the talk between you and your heart. No worry about your drawing skills, no right or wrong. Just simply relax and let your hand following your heart, it can lead you to the wonderful artwork. Welcome you to enjoy the zentangle creativity, come to join Ms. Amy Wong's "Basic Zentangle® Class" during lunch time !



**Zentangle artworks drawn by Ms. Amy Wong (CZT Asia #2 Certified Instructor)**

Course Content:	Zentangle® method · Basic skills · Dot, line & spacing · Shading · Tangle Enhancers · Reticula and fragments · Focus and relax
Date / Time:	<b>19/5 – 23/6/2025 (13:00 – 14:00)</b> (Total: 6 classes / every Monday)
Venue :	Room 310, John Fulton Centre
Tuition Fee:	<b>Member/Retired Member/Family Member:\$600      Non Member:\$650</b>
Deadline :	14/5/2025 (will open to public enrollment later)
Remarks:	<b>1 set of drawing kit (HK\$100 in value, pay in the first class)</b> (including: colour pens x 5, different types of tiles - zendala, tri, rectangle)

For enquiry: Ms. Kwan / Ms. Lam    Tel: 3943 0806    WhatsApp: 9188 8758    Fax: 2603 6363  
(Office Hours : Monday to Friday 11:00 am - 6:00 pm)

## “Zentangle – Advanced Class” – Enrollment Form

**I intend to participate the Zentangle Class organized by the CUSA.**

### **Payment Method :**

- Pay by Cheque** Pls send a crossed cheque (payable to “Staff Association of the CUHK”) to Room 308, John Fulton Centre *OR*
- Bank Transfer** Hang Seng Bank    Account Name/No. : **STAFF ASSN OF CUHK/293-282828-002**  
Pls send us the payment record and enrollment form by :  
**WhatsApp : 9188 8758    OR    Fax : 2603 6363    OR    Email : staff-association@cuhk.edu.hk**
- Pay by Cash**    Pls pay cash to Ms. Lam at CUSA office (RM 308, John Fulton Centre).

Member Name: \_\_\_\_\_ Member No. : \_\_\_\_\_

Dept. : \_\_\_\_\_ Tel: \_\_\_\_\_

Cash/Cheque/Bank-in(No : \_\_\_\_\_) Date : \_\_\_\_\_

Email: \_\_\_\_\_