



香港中文大學職員協會

禪繞藝術初體驗

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：	14/4 - 02/6/2026 (星期二・共6堂・05/5, 12/5除外) 13:00 - 14:00
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：	02/4/2026
備註：	材料工具一套 (價值HK\$100)，上課時繳交 (包括:黑色針筆 #01一枝, 鉛筆一枝, 紙擦筆一枝, 白方磚10張)

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

「禪繞初體驗」- 報名表格

本人擬參加香港中文大學職員協會主辦之禪繞初體驗。

付款方法：(請填妥以上表格) ****付款後務必收到本會收據方為作實****

- 繳付支票：連同表格交職協 (支票抬頭：香港中文大學職員協會/Staff Association of the CUHK)；
- 繳付現金：連同表格交職協林小姐辦理 (11:00 - 18:00)；
- 銀行入數：恆生銀行帳戶簡稱 STAFF ASSN OF CUHK/帳號 293-282828-002 入數收據連同表格遞交職協：
WhatsApp 9188 8758 或 傳真 26036363 或 電郵 staff-association@cuhk.edu.hk

*****使用銀行櫃檯入帳，將收取\$30 銀行服務費*****

會員/家屬姓名：_____ 會員編號：_____

部門：_____ 聯絡電話：_____ 現金/支票/轉帳(號碼：_____)

電郵：_____ 日期：_____



Staff Association of The Chinese University of Hong Kong

Basic Zentangle 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:	14/4 – 02/6/2026 (Total: 6 classes / Tuesday / except 05/5, 12/5) 13:00 – 14:00
Venue :	Room 310, John Fulton Centre
Tuition Fee:	Member/Retired Member/Family Member:\$600 Non Member:\$650
Deadline :	02/4/2026
Remarks:	1 set of drawing kit (HK\$100 in value, pay in the first class) (including: 1 black pigma micron #01, 1 pencil, 1 tortillon, 10 square white tiles)

For enquiry: Ms. Lam Tel: 3943 0806 WhatsApp: 9188 8758 Fax: 2603 6363

Email: staff-association@cuhk.edu.hk (Office Hours : Monday to Friday 11:00 am - 6:00 pm)

“Basic Zentangle Class” – Enrollment Form

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

Payment Method *You must receive a receipt from CUSA after payment*** :**

- Pay by Cheque:** Please send the cheque (payable to “Staff Association of the CUHK”) with the enrollment form to CUSA (RM 308, John Fulton Centre);
- Pay by Cash:** Please submit the form and pay cash to Ms Lam at CUSA office (11:00 – 18:00);
- Bank Transfer:** Hang Seng Bank Account (Short Form/No : STAFF ASSN OF CUHK/024-293-282828-002)

Pls send the bank transfer record with the form to CUSA:

WhatsApp : 9188 8758 OR Fax : 2603 6363 OR Email : staff-association@cuhk.edu.hk

*****A bank service fee of \$30 will be charged for bank over-the-counter deposits*****

Name/Family Member : _____ Membership no. : _____

Dept : _____ Tel : _____ Date : _____

Cash/Cheque/Bank-in (No: _____) Email : _____