

香港懲教署



CORRECTIONAL SERVICES DEPARTMENT
HONG KONG

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Acknowledgements

I would like to express my deep gratitude to Breathe & Smile Mindbody Wellbeing Center for the generosity to share with us free-of-charge the mindfulness songs, exercises, video, and a RTHK radio program "Etude of the heart" to facilitate the practice and learning of persons-in-custody at Correctional Services Department. Together with other self-help materials, these mindfulness resources will support the launch of Positive Living e-Program to be installed in 'tablet computer' with a view to enhancing emotional regulation and positive living among the persons-in-custody. It is known mindfulness practice has been introduced to many overseas jurisdictions and clinical observation notes the various kinds of personal problem and life challenges among persons-in-custody, I therefore believe mindfulness practice will make great contribution to offender rehabilitation. My grateful thanks are also extended to the tremendous efforts of the Center in promoting mindfulness practice as an effective means to bring peace and calmness in every man.

Yours Sincerely

(Ms. Yvonne LEE)
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