

## Annual Lecture and Tea Party

On June 12th, Welcome to Taipei International Club had held an annual lecture: Body & Soul Tea Party at the beautiful Angel Life Pavilion, a physical and spiritual feast. The keynote speaker Indian Yoga Master Sujit Kumar who taught us to know the importance of yoga for women's health and how to use proper yoga breathing methods to improve physical health and regulate metabolism. The members listened to him attentively and did some simple yoga exercises under his instructions.

After an hour of lecture, Angel Life Pavilion had nicely prepared an afternoon tea for all participants. Members enjoyed the tea break and continuously to ask questions about the health to Yoga Master Sujit. At that day, there are Mrs. Wu, spouse of Minister of foreign affairs; two Ambassadors; spouses of Ambassadors and Representatives and WTIC members, total have 80 participants attended this annual lecture and tea party. As I am both director of Angel Life Pavilion and member of WTIC, it was a good opportunity to promote Angel Life Pavilion to WTIC members.

Before the lecture started, guided tour were provided to all the members to explore the Angel Life Pavilion. This building is located nearby the Songshan Airport, where aircrafts are take-off and landing regularly every day, the strong airflow cause birds to fly around all over, bird strike happened once in a while, however, this nature ecological landscape harmoniously mapped into the Zen mood in our life.

WTIC are welcome to Angel Life Pavilion around this cultural building, this piece of green land has attracted many different plants. The green land is a new life to every spice. Our ancestors came with an artistic vision and an optimistic mind to build this peaceful land to make a better future. In my point of view, Naturally is the best part of this park where you can find a place connected with body and soul.

From this lecture, Angel Life Pavilion has a goal and mission to bring art and aesthetics into your daily life. in this beautiful garden, we decorated with an open rooftop, the sun can shine the flowers, the plants and enrich your mind.

I am so happy to collaborate with WTIC to have Yoga lecture, by practicing yoga in an adaptable environment, we learn how to slow down our mind. Please always remember to relax , take a deep breath, and have a cup of tea, you are welcome to stop by Angel Life Pavillion.

By Serina Lai