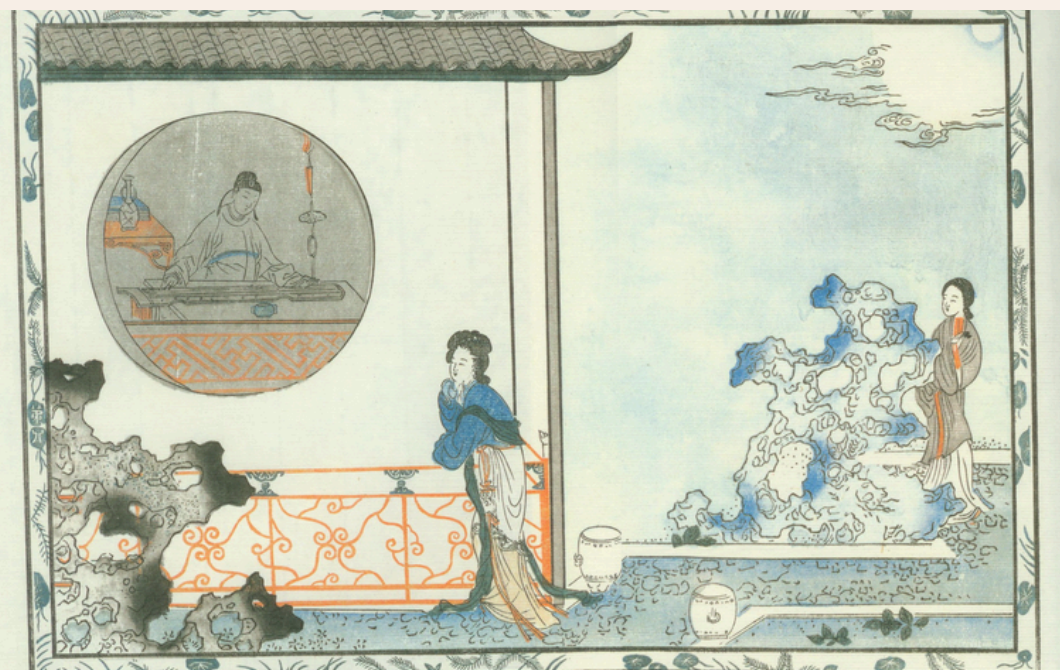




香港分析心理學會  
Hong Kong Institute of Analytical Psychology



# HKIAP 2026 Retreat Exploring Chinese Femininity

9-11 Apr 2026  
\$3000 including  
meal and  
accomodation

- Silence, Sensing, Connection and Creativity
- Body work and social dream matrix
- Play with our nursery Rhymes
- Movie night and folktale reading



[Registration link here](#)

✉ [hkiapinfo@gmail.com](mailto:hkiapinfo@gmail.com)

## **HKIAP Spring retreat 2026**

### **Exploring Chinese femininity**

This Spring residential retreat at Cheung Chau is a cherished occasion on the HKIAP calendar when analysts, routers and members gather in a relaxed setting to connect and contemplate symbolic material from the unconscious. Presentations, discussions and dream work on a chosen theme interwoven with film, music, movements and expressive arts. This is an opportunity for quiet reflection in the countryside. The “being with” the imagination in an unhurried way allows meaning to emerge is the heart of analytical work, and the retreat experience is therefore highly recommended to all HKIAP members.

#### **Silence, Sensing, Connection and Creativity**

Throughout the 3 days, participants will have periods of silence for deeper reflection and for grounding themselves in their senses. We also cultivate a sense of connectedness and creativity through various forms of experiential activities and expressive arts.

#### **Body work and social dream matrix in the mornings**

Each morning begins with body work and a dream matrix. In the first morning, there will be an experiential session on body work. In the second morning, we are going to have a social dream matrix and engage with the images in the collective unconscious.

#### **Dream workshop**

This year we introduce a blind dream work. Participants are invited to bring dream material related to our theme of “Chinese femininity” from their analytical setting. This means dreams that are not too long and are of a more archetypal character, i.e., not overly dependent on the personal associations of the dreamer. The group, without knowing anything about the dreamer, listens to the dream and works collaboratively to explore its significance in the life of the dreamer and in the analytic process. This is a valuable exercise in symbolic understanding. The usual rules of confidentiality apply.

#### **Play with our Nursery Rhymes**

Participants will be invited to sing or play a culturally familiar nursery rhyme. The rhyme will sail through the group, held collectively in the room and touching deep images among participants. Moments of silence will be woven throughout, allowing individual participants to “speak” by drawing or creating artwork. Participants will then share their images and offer further association from them.

#### **Movie night and folktale reading**

Selection of movie and folktales related to the theme of Chinese femininity will be studied together. We will watch a movie directed by Sylvia Chang (張艾嘉), in the first evening followed by reading folktales 《鶯鶯傳》 from the Tang dynasty followed by excerpts from 《西廂記》 from the Yuan dynasty on the second day. We will spend an afternoon with open reflection and discussion on the key theme after a beach walk in Cheung Chau.

Note:

- The maximum number of participants is 12. First-come-first served.
- Single room accommodation is to be arranged as far as possible, but it is not a guarantee.

**Registration**

- Deadline for registration: 28<sup>th</sup> Feb 2026
- You will be notified for payment after submission of the google form :  
🌐 HKIAP Cheung Chau Retreat (9-11 April 2026)
- Registration will be completed only when full payment has been received by HKIAP.
- The cost for the three days, including meals, is HKD \$3000.
- All fees are non-refundable.
- An official receipt will be issued upon request.
- Enquiry: [hkiapinfo@gmail.com](mailto:hkiapinfo@gmail.com)