

ENDORSEMENTS

Praise for **High Time for Your Closest Friend** and Higy Fung, Yoga teacher.

Higy is one of the most popular and highly appreciated instructors of our Uni-Sports programme in HKU. It may not only be the skills that she performs that make her a successful instructor, we may feel it's her personal inner-qualities that make her classes so inspiring and attractive. This is particularly true for a Yoga Master as Yoga is not merely a sport that you teach; you demonstrate what you truly believe and it is a life-experience philosophy: you live with what you teach and you teach what you truly believe.

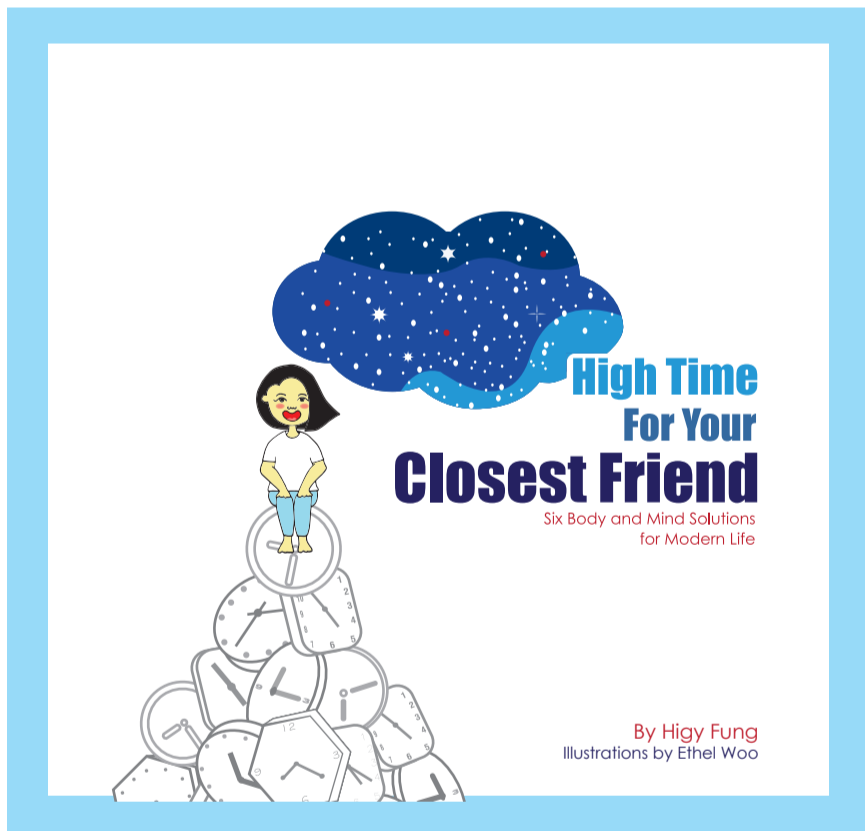
Higy is truly a demonstrator of what she believes: love yourself and you may share your love with the people around you. Here in the Institute of Human Performance, our students have been blessed by her teaching for many years and I am so delighted to learn that she has completed this book so that she can share what she believes and bless more people. Congratulations Higy, we are proud of your success!!

Dr. Simon Lo,
Assistant Director, Institute of Human Performance, The University of Hong Kong (HKU)

It bothers me that Higy does not teach often enough for me to attend her class every day, or at least every other day. It bothers me that after learning from her, I don't like other styles of yoga. It pleases me that, though I thought I'd learnt the essence of yoga when I was in California, I get so many adjustments and corrections from Higy. It pleases me that Higy is still teaching.

I know that yoga is not about performance or competition and that, due to emotional issues, people may not be able to do some poses. But much clearer to me is that we need a good teacher or otherwise we will only work in vain.

Deanie Ip, (葉德嫻)
Singer and Actress, winner Best Actress, 68th Venice International Film Festival, 2011 (CoppaVolpi), and Hong Kong Film Awards 2012 as "Sister Peach" in "A Simple Life"; winner Best Supporting Actress Hong Kong Film Awards 1985, 1991 and 36th Golden Horse Awards (Taiwan) 1999.



Such a treasure to read – easy, light reading and yet in a deeply enlightening way. Higy combines simple yoga instructions, loads of wisdom, philosophy and your relationship with yourself. The characterization of Sue really grabs me and forces me to consider my position- "still on the Skywheel?"

Regine Yuen
Marriage & Family Therapist, Clinical Fellow (AAMFT), Honorary Lecturer, Department of Sociology, The University of Hong Kong

I never read a book about learning physical exercises and this is the first book ever. I don't like reading 'self help' book but this book is so different from others. I read this book while I was on a very tough cycling trip and it literally saved my life. It really helped to relax myself both physically and mentally, thank you!

Sibyl Wong,
Chemistry educator

higyfung.com



Higy is a sensible and empathic person. She can understand the feelings of others and I have enjoyed spending time and chatting with her. Many people at some points might forget how to be grateful to themselves and to others, so there is the reminder from Higy, "When did you last verbally express deep gratitude towards yourself and others?" After reading Higy's book, I discovered the inspiration again that the most important aspect of life is LOVE! "LOVE" to Express.

Higy shares her gift, her personal experience and grace in a way that we can all take part. She gives a powerful and fun roadmap that can be followed by everyone who desires to bring more health and healing into their lives. Her book is a treat for our soul! Let's get started and enjoy the book's journey with true happiness! You will be opened to new thoughts and new perceptions by this book.

Tsui Pui Shan Chloe,
Mental Health Social Worker

.....Higy, has written this refreshing book embracing many of the ignored aspects of yoga including the mind and its role, the thinking process, sleep, emotions, and how to relieve simple aches and pains. Simple yet practical, easy to read, filled with humorous yet clear cartoons, it will reach you. Reading a profound text often leads to hubris. This gentle but clear book touched my heart.

After 50 years of practice in yoga and over 40 years of training teachers around the world, I'm delighted to read this refreshing work and send prayers that its message may circle the globe.

Aadil Palkhivala
Purna Yoga Master

An interesting and practical book. This book is an essential and beneficial addition to the shelf of anyone faced with a stressful life pattern. Besides offering clear step by step body techniques for daily practice, Higy also address how our thoughts can affect the muscular tension and how to develop a new way of thinking. A simple, easy and useful toolbox!

Simon Sng,
Founder, Senior Therapist & Trainer of Life Origin - Centre for Expressive & Somatic Psychotherapy (Hong Kong). RSW, Reg. Dance Therapist (BTD), Reg. Somatic Psychotherapist (USABP), Award of Distinguished Natural Medicine Professional, author of Life Origin~A Therapist's Inspiring Thoughts on Life & Healing Arts.

When I was working as an editor years ago, I always felt tired and needed to have a three-hour massage weekly. I thought that's normal, because almost everyone around me was more or less doing the same things i.e. work hard, eat a lot, sleep a little on working days and sleep a lot, eat a lot and play / massage hard on non working days.

After practicing yoga, I gradually came to lose my craving for massages. But, to be frank, I still have a little bit of every character in this lovely little book "High Time for Your Closest Friend" by Higy. Reading this book reminds me to pay warm visits once again to my closest friends: hello my shoulders, how do you do my lower back, how are you feeling my belly, are you okay my head?

Thanks to Higy, she introduced my closest friends to me more than 10 years ago. Before that, I seldom noticed their existence though they had been with me for decades. It's never too late to understand more about your closest friends. Anyway, they will always be with you. Therefore, it is definitely worth giving a little more time and attention to them. If they are happy, you will be happy too.

Vivian Choy,
~ A striving minimalist, author of 《不花錢的幸福日常》 "Happier by Spending Less"

It is well understood that exercise is beneficial at all ages and in most conditions. I would like to recommend Higy's book because it shows simple exercises to do in an interesting and easy fun way.

Margaret Smith,
Retired Family Doctor

"When a problem (of our body) arises, it is the right time to look at ourselves from within." Beyond any doubt, such an integrative examination of body and mind has become an urgent need in the coming era. Research tells us that body and mind affect each other. Physical problems no longer belong solely to the medical field and mental problems no longer belong solely to the psychiatric field. Higy stands up as the right person to give us guidance in this field. She is not only a highly qualified, experienced and skillful expert on body training, she also has the special wisdom to lead you to look systematically into your mind. This is a very practical book where you will find useful and well-designed exercises, with which you will experience an in-depth scanning of your inner beliefs that would eventually transform you into a new self which you will love and admire.

Eric C.M. Lau,
Director of Miracle Movement and Dance Training Co.
Registered Occupational Therapist; Choreographer

Higy has made the body/mind connections extremely personable and amusing with tales and cartoons. One can easily follow the story lines and share the common issues faced at work, family, or mind level. Her yoga experience helps readers to start easy, yet fundamental exercises to alleviate and tackle discomfort at the physical or mental realm. Try and you'd sense instant relief!

High Time for Your Closest Friend would surely rejuvenate readers of all ages. One can just take a chapter, or follow the cartoons, to reap the instant joy and relief both at the body and mind level. Of course, more relief results if readers would try the chapter-end exercises.

It's great to see a yogini crystallizing her practice and experience to share with the general public in fun and compassionate stories and sketches. All exercises are well-thought out and could be safely practised independently.

Karen Lam,
Yoga Teacher & Studio Manager, Yoga Central-Iyengar Central, Hong Kong

When you pick up this book you might see it as a psychosocial book on building up better relationships or communication. You are right! Higy gives a great demonstration of how we can work to have a better relationship and better communication with ourselves, with our bodies and minds, which we so often omit.

I believe prevention is better than cure. After serving mental health clients for almost two decades, I believe that the body and mind interact closely, and a good connection between the two is of utmost importance to restore total body health and wellbeing. As I've walked with my clients on their path to recovery, I see the strength and ability in people to strike out for a better life. In Higy's book, we can find guidance on how we can heal and maintain our bodies and minds.

Higy has been the yoga instructor for my mental health clients and me for almost ten years. She has inspired me to consolidate new concepts from her and her book into my clinical practice. Ethel, my colleague for many years and such a talented designer, has enriched the book with innovative illustrations, full of empathy. I highly recommend this book to all who have long been waiting to change their life.

Anita Chan,
Registered Physiotherapist, Hong Kong

I first met Higy four years ago when she joined my spiritual leadership training program. She first impressed me as an honest and trust-worthy person who has a strong passion for holistic healthcare. Very few people that I know of her age possess the mature and critical capacity to integrate theoretical discourses into the mundane world together with her unique amazing insight underlaid by genuine concern towards humanity. Apart from being sensitive, amiable and considerate, she is very kind-hearted and gets to understand another person's view and feeling almost spontaneously. I am so glad that Higy expresses her profound passion for yoga in such an interesting and comprehensive way so that a reader can attain effective tools to practice and also to examine one's own core belief about one body-mind-spirit. It could be a life-transforming experience.

Dr Chou Wah-Shan Ph.D.
Founder and CEO of Dreams Possible, Hong Kong, a charity for self-empowerment and leadership training; former lecturer sociology and cultural studies, The Polytechnic University of Hong Kong and The University of Hong Kong, and publisher of 30 books in these areas