CHINESE MEDICINE FOR HEALTH

Learn TCM and yangsheng 养生 in English

Intensive 8-week course conducted in English (key terms provided in Chinese as well) to help you and your loved ones attain health and vitality.

- Principles of TCM as a system of medicine
- Herbs, medical formulations and healthy food recipes
- Acupuncture, tuina and qigong for health and therapy
- Prevention and management of chronic illnesses
- Understanding and analyzing your own constitution
- Apply the wisdom of life cultivation (yangsheng 养生) for vigour and longevity and transform your lives!

Register now!
Seats are limited. For enquiries & registration, please contact Karen/Sue below.

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