



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Emotions and Mental Health from the Chinese Medicine Perspective II

We invite you to the second part of the lecture, where terms “Wushen” (The Five Spirits) and “Qi Qing” (The Seven Emotions) will be introduced. You will hear about their basic characteristics, main functions in terms of our physical body and mental health, including practical tips from the fields of acupuncture, Chinese herbology, and Chinese Qigong. You will also get an opportunity to try some easy exercises or the Qigong.

Lector: **Natálie Kubičínová**

Date: March 22, from 10 AM to 12 AM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 30 persons

Registration: under the QR code or on the Welcome Office website
www.upol.cz/welcome-office

