



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Positive Effects of Tibetan Dance Techniques on Mental Health

Tibetan dance workshop offers a transformative journey into the heart of Tibetan Buddhism and dance culture, blending spirituality with physical expression. This unique fusion enhances both mental well-being and physical health, fostering a deeper connection to tradition while promoting overall vitality.

Lector: Jia Lin

Date: May 3, from 10 AM to 12 AM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 20 persons

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

