



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Nutrition Practices with TCM: Self-Massage Techniques I

At the beginning of this lecture, the basic theory, including the theory of Yin and Yang and Five Elements, will be introduced. You will also get more familiar with the important TCM methods, all of these should open the space for introduction of the topic of nutrition and dietetics from the perspective of Chinese medicine which will follow in the 2nd part on May 17.

Lector: Zdeněk Chmelka, MAT

Date: April 26, from 10 AM to 12 PM

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

