



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Emotions and Mental Health from the Chinese Medicine Perspective I

In this lecture, we will first delve into fundamental theories such as Yin Yang and Wuxing (Five Elements Theory), upon which Chinese medicine philosophy is built. Later, we will discuss terms such as emotions or Chinese “qing” and explain the differences in meaning and mindset between these two concepts.

Lector: [Natálie Kubičínová](#)

Date: March 1, from 10 AM to 12 AM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 30 persons

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

