

Chinese Medicine for Health & Longevity (in English)

Course covers the Traditional Chinese Medicine (TCM) approach to life cultivation or *yangsheng*, prevention of age-related and chronic illnesses, and the use of acupuncture, *qigong*, *tuina* and herbal recipes adapted to your body constitution.

Main Features

- Ⓜ Moderate class size to facilitate better interaction with the instructors.
- Ⓜ Chinese translations of key terms, concepts provided
- Ⓜ Demonstrations & practice sessions of *qigong*, acupuncture and *tuina*
- Ⓜ Complimentary lunch in the pleasant ambience of our herbal café
- Ⓜ Discounts at the Renhai clinic after attending the course and becoming our alumnus

Course Details

- ✿ Classes held every Saturday commencing 18 April 2015, from 9.15am-12.30pm.
- ✿ **Venue: Herbal Oasis @ Duxton**, 27A Neil Road, S088817
- ✿ Course Fee: \$200 net, with 10% discount for seniors (60+)
- ✿ **Entry requirements:** 1) GCE 'O' Level or equivalent, and 2) Attended TCM courses of adequate level from Renhai or others (to be reviewed and approved by us)

*Those who have not attended suitable introductory TCM courses before are required to attend an intensive **4-hour primer course on TCM** (fee \$100 net) on 11 April 2015, Saturday (from 915am – 215pm with lunch break.*



Principal Instructor

Hong Hai

MD (Beijing University of Chinese Medicine)
PhD (London)

Professor Hong Hai is a registered TCM physician and Adjunct Professor at NTU. He practises at the Renhai Clinic and Public Free Clinic with concentration on health cultivation, preventative medicine and chronic illnesses. He is author three books on TCM.

Other participating lecturers include Physicians **Karen Wee** and **Sue Wan**, both graduates of Beijing University of Chinese Medicine (BMed) and Nanyang Technological University (BSc)

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



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