

## Schedule of "Chinese Bridge" Online Program

I. Duration: November 7<sup>th</sup> -November 25<sup>th</sup> (3 weeks)

II. Teaching language: Mainly in English

III. Teaching Form : Online Teaching (If you cannot attend the online teaching due to time difference, you can watch the teaching video)

IV. Learning content: Chinese & TCM

V. The schedule may be adjusted subject to actual situation.

November 7<sup>th</sup>-November 11<sup>th</sup>

Date Time	Mon.	Tue.	Wed.	Thu.	Fri.
2 class hours	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM
2 class hours	Introduction of <i>Basic Theory of Traditional Chinese Medicine</i>	Introduction of <i>Basic Theory of Traditional Chinese Medicine</i>	Introduction of <i>Basic Theory of Traditional Chinese Medicine</i>	Introduction of <i>Basic Theory of Traditional Chinese Medicine</i>	TCM Fitness Qigong

November 14<sup>th</sup> -November 18<sup>th</sup>

Date Time	Mon.	Tue.	Wed.	Thu.	Fri.
2 class hours	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM
2 class hours	Basic Meridians and Collaterals	Introduction of Tuina	Basic Meridians and Collaterals	Introduction of Tuina	TCM Diagnostics-Pulse Diagnosis

November 21<sup>st</sup> -November 25<sup>th</sup>

Date Time	Mon.	Tue.	Wed.	Thu.	Fri.
2 class hours	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM	Practical Chinese of TCM
2 class hours	TCM Diagnostics-Tongue diagnosis	Introduction of Frequently Used TCM	Medicated Diet	Cupping	Scrapping