

# 文化课程

## CULTURAL PROGRAMMES

- ❖ **Basic Dizi (Chinese Flute) Course**  
笛子初级课程
- ❖ **C3A Mental Well-being Curriculum – Riding the Waves of Change Smiling**  
C3A心理健康课程：以微笑应万变
- ❖ **Chinese Calligraphy Workshop**  
“名师学堂”文化课程：中华书法系列
- ❖ **Chinese Ink Painting Workshop**  
“名师学堂”文化课程：中国彩墨画班
- ❖ **Discovering TCM Acupuncture**  
认识针灸（英语讲解）
- ❖ **Discovering TCM Course**  
了解中医（英语讲解）
- ❖ **Enhancement of the Healthy Voice & Help for the Troubled Voice**  
嗓音的运用与保健课程——让说话、讲演更具魅力
- ❖ **Finger Painting Course**  
指画艺术班
- ❖ **Guzheng Beginner Course**  
古筝初级班
- ❖ **Introductory Course in TCM**  
认识中医
- ❖ **Lecture Series on Historical and Cultural Heritage of China**  
古代中国的历史与文化
- ❖ **Singing Made Simple: The McClosky Voice Method**  
麦格罗斯基发声法：让您轻松放歌
- ❖ **Sing with Freedom**  
歌唱嗓音课程——如何拥有一副美丽的嗓音
- ❖ **Weiqi: The Skills and Culture (Elementary)**  
围棋对弈与文化（初级）

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