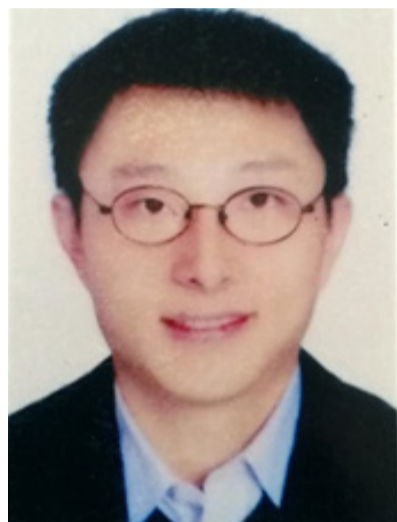




CONFUCIUS INSTITUTE PRESENTS A LECTURE *on Chinese Tuina Massage*



HOW DOES THE NECK AND SHOULDER PAIN DISAPPEAR?

Magic of Chinese Medical Tuina treatment

DR. WANG PENG, Lecturer, Doctor, as the 10th Chinese batch aid medical team doctors to perform medical assistance to Namibia from 2014, now working at Katutura State Hospital.

The Chinese Medical Tuina Massage is an Asian bodywork that goes back thousands of years. This traditional therapy remains one of the most effective methods for both treating diseases and maintaining general health.

The Chinese Medical Tuina Massage focuses on specific problems like chronic muscle pain, muscle spasm, joint pain, back pain, neck and shoulders. It also helps with insomnia, constipation and headaches including migraine and tension associated with stress. The Chinese Tuina massage works the energy of the body at a deeper level to correct problems and aid in preventing problems. Essentially it keeps the body's energy in balance for mental and emotional wellbeing.

Join us to know about and experience Chinese Tuina Massage!

Date: 25 April 2016

Time: 16h00

Venue: Life Sciences II Building, Health Sciences Campus

NB: Transport is available on the main campus at 15:00 to pick students to and from the main campus to the Health Sciences Campus.

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