

Chinese Life and Culture

Please join us for a series of four workshops on Chinese life and culture offered by the Windham Southeast and Windham Southwest Asian Studies Program.

March 22: Growing up in China: Four Women's Stories

Their stories reflect the most dramatic changes of life in China, 1960s-2000.

April 15: Concept of Yin Yang in Chinese Daily Life

Introduction to the Yin and Yang concept in Chinese daily life.

May 3: Tai Chi and Daily Exercise in China

Introduction to different Chinese fitness routines including Tai Chi, traditional morning exercises and eye exercises for school children.

May 13: Chinese Good Luck Knots

Learn the history of the traditional Chinese knots and their role in celebrations and daily life. Participants will make two simple knots.

Times: 4:00-6:00 p.m.

Location: Learning Collaborative, Route 5, Dummerston

Fees: \$10

Instructors: Chinese language and culture teachers Haiyan Hu, Cai Silver, Ping Gao and, Nan Hyde

Register: Haiyan Hu, haiyan_hu@wsesu.org