



AANHPI-INSPIRED
HEALTH & WELLNESS PROGRAM

CHINESE MUSIC CLASSES

STARTING SUNDAY, OCTOBER 15, 4:00 PM TO 5:30 PM
AT TUCSON CHINESE CULTURAL CENTER
1288 W. RIVER RD.

Welcome to the “Harmony between Heaven and Earth” 8-week music and wellness workshop. Guided by Jing Xia, a dedicated Chinese scholar-musician and PhD candidate in Applied Intercultural Arts Research, this immersive experience delves into the rich heritage of guqin tradition through hands-on playing, exploring classical literature, and engaging in mindfulness and self-reflection. Together, we embark on a path that explores a holistic approach to healthy living through music.

Dates and details online.

NON-MEMBERS: \$400 PER PERSON FOR 8 WEEKS
TCCC MEMBERS: \$350 PER PERSON

**DETAILS AND
REGISTRATION
ONLINE**

[TUCSONCHINESE.ORG](https://tucsonchinese.org)

Contact us for assistance
520-292-6900
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IN PARTNERSHIP WITH

