

慈濟新澤西分會 2016 - 2017 社教推廣課程簡介

Buddhist Tzu Chi Mid-Atlantic Region

Community Education

國畫班

開課目的：中國國畫意境之美，異於其他繪畫，以簡練概括的筆墨和色彩，將自己的思想感情移入，學習沈澱思緒，淨化心靈。

Chinese Painting

Learn to paint with traditional Chinese brush and let your thoughts and feelings go into your artwork. Calm and purify your mind through painting.

成人中文初級班

開課目的：特別為非中文為母語的人士所設立的課程。借由不同的練習及活動，學員將學習如何運用簡易的中文聽, 說, 讀, 寫在日常生活。

Adult Elementary Chinese Class (CSL)

The class is specially designed for non-Chinese speakers. This class focuses on attaining Chinese communicative competence via various exercises and class activities.

成人中文會話班

課程目的：為已建立基礎中文的學生所開設的課程。學生將學習更多的詞彙和較複雜的句子，俾能掌握更好的聽力以及日常會話溝通的能力。

Conversational Mandarin Chinese Class

This course provides students with an opportunity to improve their speaking and listening skills, with emphasis on developing structure and fluency. Grammatical topics are addressed as needed.

太極拳班

開課目的：太極拳為中華文化之傳統資產，對現代人而言是一個修身修心的良好運動，歡迎所有同好參與學習，體驗太極拳祥和寧靜之美。

Tai Chi

Tai Chi is a popular Chinese martial art practiced for both its defense training and its health benefits. For today's busy lifestyle, Tai Chi is a wonderful exercise for both body and mind. Focusing the mind on the form and the movements helps to bring about a state of mental calm and clarity.

幼幼親子班

開課目的：透過歌唱遊戲、故事引導、音樂律動、實作勞作等方式，帶領小朋友適應團體生活，啟蒙對繪畫、音樂的學習，讓孩子在父母的引導中培養自信，讓親子在課程中充滿活力歡樂。參加幼幼親子班的幼童, 年齡限於二歲以上, 四歲以下。

Child-Parent Fun Class

Through singing, playing, storytelling, music and artwork, your child learns to interact with other children while being exposed to the wonderful world of art and music. With your participation, this class nurtures your child's self-confidence in a fun and engaging environment.

The student age of Child-Parent Fun Class is 2 to 4 years old.

瑜珈(初級 / 進階)班

開課目的：透過瑜珈姿勢的練習提升意識，幫助充分發揮潛能，進而改善生理、心理、情感和精
神方面的能力，在學習瑜珈的過程中達到身體、心靈與精神的和諧統一。

Yoga (basic / advanced) class

Through practicing yoga postures raise awareness and help realize their full potential , thus improving the ability of physical, mental , emotional and spiritual aspects , to achieve harmony of body, mind and spirit in the process of learning yoga.
