

Jia Lin

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Jia Lin is currently a PhD student at Palacký University Olomouc. She comes from the Tibetan minority in China, and works at the School of Education of Sichuan Normal University in China. Jia has been a lecturer for 7 years and her main interest is Tibetan dance education and ethnic minority dance education.

She hopes to help people improve their spirituality and mental health through dance, so that both bystanders and participants can gain spiritual enjoyment from it.

My Topics for the 23rd International Teaching Week:

- 1) Our souls are lonely and free – Tibetan folk dance

Experience a Tibetan folk dance activity, the mysterious Tibetan dance culture with your heart; and the combination of spirituality and body will improve your life and health.