

Fundamentals of Tibetan Medicine

Presented by

Nashalla Gwyn Nyinda TMD, CMT

Education - Friday, March 26 - Sunday, March 28

Consultations - Monday & Tuesday March 29-30th

Learn about Tibetan Medicine principles and theories that have been in place unchanged, in the written form, since the 7th century. While Tibetan medicine is largely untranslated and not understood in the Western world, Dr. Nyinda strives to take the mystery out of this ancient healing modality and make it accessible and useful for each person.

Join us for a free public lecture about how to stay healthy using Tibetan medicine principles. Learn about its history and how it is practiced today.

In the weekend course you will learn the foundations of Tibetan medicine and learn to understand the details of the three humors, and how to determine the balance of the elements and humors in the body. Each and every moment one should be careful with ones diet and behavior. One should know that which will affect you in a harmful or imbalanced way and be careful to avoid these actions and foods. These principles will be covered more in detail on the Sunday Session. If you are a healing practitioner or just interested in maintaining optimal health there will be information for everyone.

Dr. Nyinda began using Tibetan Medicine and Jin Shin Tara Acupressure in 2002 at her teacher's request after completion of her BA at Naropa University. In 2004 she received permission to offer Tibetan formulas. She then lived and studied Tibetan medicine in India from 2005 to 2007. There she met and married her husband, Tsundu Sengye Nyinda, also a Tibetan doctor. She finished her TMD degree at Shang Shung Institute of Tibetan Medicine after traveling to Tibet for her finals in 2009.



Tibetan & Holistic Healing

www.holistic-health.org

Consults

March 29 and 30



Workshop Details

FRIDAY Free Public Lecture 6:30 PM

Community Food Co Op
315 Westerly Rd., (Cordata Parkway at
Westerly Road), Bellingham, WA, 98226
(360) 734-8158

Weekend Workshop

Tibetan Medicine Demystified

9-12 PM 2-5:30 PM

Full 2 days or Saturday only

Costs

Early Registration

Prior to 3/10/2010

\$150 Saturday or both days \$280

Late Registration

\$175 Saturday or both days \$330

Ayurvedic Health Center

Clover Building

203 W. Holly, Suite 201

Bellingham, WA 98225

Call Shakti to register @ 360-672-1473



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