

Stress Management in Tibetan Medicine Seminar

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SHANG SHUNG INSTITUTE
МЕЖДУНАРОДНЫЙ ИНСТИТУТ ТИБЕТСКОЙ КУЛЬТУРЫ



On January 11, 2018, a seminar on Stress Management in Tibetan Medicine with Dr. Phuntsog Wangmo was held at the First Medical University of Moscow, Russia, in collaboration with the Russian branch of the [Shang Shung Institute](#).



In the theoretical part the fundamental concepts of Tibetan medicine, such as the 5 elements, the 7 body constituents, the 3 humours and others, were reviewed. In the practical part Dr. Phuntsog Wangmo explained working with stress by means of external therapies and Ku-Nye massage elements, including explanation of the most important points and methods of dealing with them.



Besides Ku-Nye massage, participants were introduced to the breathing practices from Tibetan Yantra Yoga explained by authorized Yantra Yoga instructor Oleg Tanakov.



We express our gratitude to Dr. Phuntsog, Vladimir Belyaev, Oleg Tanakov and other participants for this interesting and important event!