

Tibetan Medicine, Health and Rejuvenation in Baja!

Date : June 14, 2014



Dr Phuntsog Wangmo

Tibetan Medicine Program

[Tibetan Medicine Program with Dr. Phuntsog Wangmo](#)

October 17 – 26, Baja Sur

Health & Rejuvenation:

A 3-day Seminar on Prevention, Aging Well, Rejuvenation, Diet, Behavior and External Therapies (Moxa and Massage)

Tibetan Medicine is a comprehensive traditional medical system, nearly 4000 years old, with unique knowledge of non invasive treatment for physical and mental ailments.

The seminar will focus on Diet, Behavior, and External Therapies, including methods for prevention, rejuvenation and longevity; and the theory and practice of moxibustion and kunye (a massage system with a wide variety of techniques).

Tuition: \$180 for members, \$220 for non members.

The instructor, Dr. Phuntsog Wangmo is the Academic Director of the School for Tibetan Medicine of Shang Shung Institute of America, located in Conway, MA.

Dr. Phuntsog received her advanced degree from Lhasa University School of Traditional Medicine and trained with two of Tibet's foremost doctors (Khenpos Troru Tsenam and Gyaltzen). After working many years as a physician in remote regions of Eastern Tibet, she became project coordinator for Gamthog Hospital. She lectures in the US, Europe and Asia.

Tsegyalgar West, Baja Sur, Mexico

(45 m north of San Jose del Cabo)



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Dr. Phuntsog will see patients for individual appointments Oct. 20-23 in San Jose and Todos Santos. Please write to: tsegyalgarwestsecretary@gmail.com to schedule an appointment.

Dr. Phuntsog will give 2-3 public talks in Baja Sur during the week of October 20, please consult our website for date and location after August 1, 2014.

[Registration is open at: www.tsegyalgarwest.org/tibetanmedicinecourse](http://www.tsegyalgarwest.org/tibetanmedicinecourse)

