

5 - Day Introductory Course in English on Tibetan Medicine – Men-Tsee-Khang (September, 2018) (20 sessions)

(Opening Ceremony 9:00am)

Date & Month	Morning 9:30-10:45		Morning 11:15-12:30		Afternoon 2:00-3:15		Afternoon 3:45-5:00
Tuesday Sept, 11	1) <i>Brief</i> History & An Overview of Tibetan Medicine	Tea break (10:45- 11:00)	2) Introduction of Classic Tibetan Medical Text rGyud bzhi	Lunch break (12:30 - 2:00)	3) Theory of Three Humors (Nyes-pa) in TM	Tea break (3:15 - 3:45)	4) Theory of Five Elements in TM
Wednesday Sept, 12	5) Health in Tibetan Medicine		6) Disease in Tibetan Medicine		7) Seven Psycho-somatic Natures in TM		8) Tour
Thursday Sept, 13	9) Diagnostic Techniques in TM		10) Treatment Methods in TM		11) Role of Digestive Heat in TM x x		12) Diet and Nutrition in TM
Friday Sept, 14	13) Mental Health Care in TM		14) Lifestyle Guideline in TM		15) Mild Therapies in TM		16) Workshop: External Therapies in TM
Saturday Sept, 15	17) Role of Tibetan Astro Science in TM		18) Relationship between Tibetan Medicine and Tibetan Buddhism		19) Unique Features of Tibetan Herbal Medicine		20) Ethics of Physician in TM

10 - Day Foundation Course in English on Tibetan Medicine from - September, 2018 (40 sessions)

Date & Month	Morning 9:30-10:45	Tea break (10:45- 11:00)	Morning 11:15-12:30	Lunch break (12:30 - 2:00)	Afternoon 2:00-3:15	Tea break (3:15 - 3:45)	Afternoon 3:45-5:00
Monday Sept, 17	1) Overview of Body, Mind and Life		2) Embryology in TM		3) Anatomy in TM		4) Physiology in TM
Tuesday Sept, 18	5) Stages of Dying in TM: Gross and Subtle		6) Causes of Disorders in TM		7) Causative Factors of Disorders in TM		8) Characteristics Disorders in TM
Wednesday Sept, 19	9) Classification of Disorders in TM		10) Routine Lifestyle in TM		11) Seasonal and Incidental Lifestyle in TM		12) Diet and Nutrition in TM
Thursday Sept, 20	13) Dietary Restrictions and Guidelines in TM		14) Taste, Potency and Post-Digestive Tastes in TM		15) Seven Essential Limbs of Herbal Medicine		16) Tour
Friday Sept, 21	17) Role of Tibetan Astro Science in Health		18) Tibetan Medicines: Herbs and Minerals		19) Types, Forms and Formulation Techniques of TM		20) Quality Control Standards of TM

Date & Month	Morning 9:30-10:45		Morning 11:15-12:30		Afternoon 2:00-3:15		Afternoon 3:45-5:00
Monday Sept, 24	21) Introduction to Pulse Examination in TM	Tea break (10:45- 11:00)	22) Workshop: Pulse Examination	Lunch break (1:15 - 2:00)	23) Loong Disorders in TM	Tea break (3:15 - 3:45)	24) Tripa Disorders in TM
Monday Sept, 25	25) Introduction to Urine Examination in TM		26) Workshop: Urine Examination		27) Baekan Disorders in TM		28) Medicinal Bath in TM
Monday Sept, 26	29) Digestive Health and Disease in TM		30) Cancer in TM		31) Weight Management in TM		32) Oil Massage in TM
Monday Sept, 27	33) Diabetes in TM		34) Gynecological Disorders in TM		35) Management of Infertility in TM		36) Compress Therapy in TM
Monday Sept, 28	37) Prevention of Mental Disorders in TM		38) Rejuvenation Practice in TM		39) Child Development Care in TM		40) PANEL DISCUSSION