



Traditional Tibetan Medicine for Everybody

Educational Program for Tibetans

IATTM Offers Special Courses and Seminars for Tibetans, In the West

What is TTM?

- Traditional Tibetan Medicine (TTM) is a natural and holistic medical science, which addresses the individual's needs of body, mind and energy, in an integrated way.
- Dating back to antiquity, TTM has a genesis, history and development of its own, rooted in the Tibetan landscape, the indigenous culture and the spirit of the Tibetan people.

Who is IATTM?

- The International Academy for Traditional Tibetan Medicine (IATTM) was established in 2006 in order to ensure the integrity and authenticity of Traditional Tibetan Medicine teachings and to promote the continuity of practice of Traditional Tibetan Medicine (TTM).
- It is an Academic organization to preserve, protect and develop TTM word-wide.

What are the Aims of IATTM?

- To bring the living ancient science of Traditional Tibetan Medicine into the modern world, in order to preserve, develop and propagate this valuable knowledge.
- To promote study and research in Tibetan Medicine.
- To develop Tibetan Medicine in an academic and scientific way.
- To provide high-quality tuition in Traditional Tibetan Medicine, in response to the growing interest in TTM in the West.



Why Specifically for Tibetans?

- It is important that Tibetan people live with their own cultural heritage in the West.
- Alternative Medicine and Natural Health-care are increasing in importance and popularity as people in the modern world are becoming more health-conscious. There is a growing interest in Traditional Tibetan Medicine. This is an excellent opportunity for TTM to meet the needs of the Western world.
- Despite the fact that many Tibetans have wonderful capabilities and a great capacity for creating a life of their own, unfortunately they may be unable to follow a professional health-care career within their own culture.

Although TTM in its entirety has not yet gained official recognition in many Western countries, certain important aspects of TTM - such as Ku Nye Tibetan massage –are skills that can be readily acquired and put into clinical practice. Health-care centres, massage-therapy clinics, cosmetic treatment centres, Spas and hotels are examples of venues where Ku Nye Tibetan massage could be practised and integrated.

Therefore, an education in Ku Nye Tibetan massage and related physical therapies, can provide the opportunity for dedicated and enterprising Tibetans to create a career in the health-care industry.

- The IATTM is dependent upon the income generated by courses in order to meet costs. However, as this particular project is aimed specifically for Tibetans, a 50% discount off all course fees is offered to Tibetan students. For the IATTM it is a great honour to have Tibetans study with us, in order enable Tibetans to once again reclaim their own culture.

Conditions of Participation:

- Prospective students must be Tibetan
- Ability to speak the Tibetan language; reading and writing skills would be a definite advantage
- Age from 18 to 50
- A character reference or letter of introduction from the local Tibetan Community is required



When and where?

IATTM will make contact with local Tibetan Communities, and courses will be organized in collaboration with local centres. Locations and dates will be announced three months prior to the commencement of courses. The duration of the training will be approximately 600 hours in total.

Instructors:

The main instructor will be Dr. Nida Chenagtsang – Medical Director of IATTM; with the assistance of other fully qualified Ku Nye instructors teaching under the auspices of the IATTM.

Subjects:

- Principles of Traditional Tibetan Medicine
- Ku Nye - the traditional Tibetan Massage
- Tibetan Medical external therapies - including hot and cold compresses, moxibustion, cupping, and herbal bath therapy

Further Information:

- For further information about this educational program, please contact:
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- For further information on Traditional Tibetan Medicine and Ku Nye Tibetan Massage, please see:
The International Academy for Traditional Tibetan Medicine (IATTM)
www.iattm.net