

Program for summer 2010 in Amdo organised by IATTM for the TTM students:

05 -13 AUGUST 2010: FULL TIME COURSE IN XINING AND IN MALHO TRADITIONAL TIBETAN MEDECINE HOSPITALS : 360 EUROS

with Dr.Nida and the local doctors. Special Teachings with Alak Jamiyang from Zekok.

Program includes : Lum therapy, external therapies, processing medecines, preparing herbal ointments, meeting with the in-bed patients every morning. One day about making and using medical instruments : copper cups, needles (golden needle), etc.

5 to 9 august in Xining :

Mornings : lum and external therapies in Xining : cupping, bloodletting, massage, balneotherapy, medecines factory, making traditional ointments.

Afternoons : Alak Jamiyang's teachings (2 afternoons : Medecine Buddha & Yuthok Nyingthik), visit to Kumbum (1 afternoon), 1 afternoon free, 1 afternoon travelling to Malho, on the 9th of august.

10- 13 august in Malho:

Herbology study in Malho . Study about 60 herbs, and how to use them. Practice time.

Everyday : 1 hour of studying tibetan medical terminology

On the 14 august : end of the course, leaving Malho.

40 euros/day= 9 x40= 360 euros, accommodation and lunch time included. Food in the evening is free-style (students can choose the restaurant they like individually, among the indicative list of tibetan and chinese restaurants of the city). *(Food is not expensive in Xining, in Malho you will have also good choices)*

Total for the course, including accommodation and lunchtime food = **360 euros**

14-23 AUGUST 2010: PLACES OF INTEREST IN AMDO :

MALHO to GOLOK then REBKONG, 10 days, 400 euros :

14 august : visit the 2 Tara lakes sacred site (1h drive from Malho)

15 & 16 august : horse ridding in Chabdrak mountains. (+ 20 euros) or by foot for non-riders (no extra-cost)

17 august : Day out in Chabdrak, near the river.

18 august: Day at home with the nomads near Malho : milking cows, making butter,

making felt ...

19 august : Day out in Labran Monasteries

20 august : Day out in Nyingta, go to the Yellow River.

21 august : leave Malho to Golok, Lama Lobsang school. End of afternoon, continue travel to Rebkong. Stay one night in Rebkong.

REBKONG AND NGAKPA HOUSE, 2 days:

22 august: from Rebkong, go directly to the Ngakpa House « Ringzin Rampel Ling » to eat and visit area. (only 30 minutes from Rebkong).

23 august : Experiencing the traditional and natural hot spring bath near Rebkong. (It is a natural cave with hot spring water, and people go there all the time. There are days and times for women and for men, so we'll probably have to go several times, in small group)

Visit monasteries in town all day : many monasteries, famous tangkha painters.

23 august evening : go back to Xining. End of trip.

Price includes accommodation, transportation, translator and food.

Please be aware that due to unexpected weather conditions or governmental decisions, the itinerary might be changed for your own safety.

CONCLUSION :

TTM course, 10 days in Xining and Malho : 360 euros , 5-13 august 2010.

Amdo Tour, 10 days, traveling from Malho, to Labran, Golok, Rebkong and back to Xining : 400 euros, 14-23 august 2010.

You can book for one or more activities, just note that once the tour has started you can leave after each section, exemple, you can leave after the last day of the course (on the 15th August) , or do (on the 23th august).

You will receive a map of the area, so the route of the trip is clearer for you.

Please book as early as possible, **sending a deposit of 100 euros for TTM course to your country focaliser if there is one (ex : in Australia, Karen is in charge of the group) , and/or 120 euros for the tour in Amdo.**We would like to keep prices as low

as possible, therefore we need all your cooperation for booking in advance and respecting the schedule. The prices can always be less if we are more people than expected.

Thank you very much and see you there !

INSCRIPTION FORM

TTM COURSE, 5-13 august 2010, 360 euros / deposit : 100 euros

AMDO TRIP, 14-23 august 2010, 400 euros / deposit : 100 euros

Name :

Address :

Email :

Tel :

Age :

Which courses have you already done with IATTM :

Your special interests when coming to Tibet :

Your inscription is valid only if you have checked your health with a doctor.

You will be travelling from 2200 m to 4000 m above sea level.