

# Tanadu - University of Traditional Tibetan Medicine



## The 2nd term of the TTM Online Program will start in July 2011!

The TTM Online Program is a 4 level-online-study of Tibetan Medicine. Each level (more than 150 teaching hours) includes 3 terms of online teaching as well as 60 hours of practical training. Additional courses in various countries about Mantra Healing, Dreams & Psychology, Sa Che (Tibetan Geomancy) and many more are offered in cooperation with branches of the IATTM. They are not taught online and can be visited electively. The study fee for 3 terms + practical teaching of one level is 1950 Euro (675 Euro for repeaters) (not including transportation and accommodation).

As the 1st term (from March till May 2011) proved to be successful and financially sustaining, Dr Nida and members of the IATTM and Tanadug University decided to go on with the 2nd term which is again open to everyone interested in TTM. For the next online teaching you will find all necessary information below in this email.

**What time?** Start: July 5th, 7 pm (UTC + 2)

Duration: 2.5 hours every Tuesday and Thursday starting at 7 pm (UTC + 2)

End: September 8th, 9.30 pm (UTC + 2)

### **Where?**

It's online. What you need is a computer with monitor and an internet connection. You will receive an email invitation prior to the first class to enter the professional conference program Webex from Cisco.

### **Who is teaching?**

Dr Tam Nguyen, a Western medical Doctor working in Switzerland. She has been studying TTM with Dr Nida and is authorized by him to teach the 2nd term. For more information check out [http://www.tanaduni.com/index.php?option=com\\_content&view=article&id=106&Itemid=124](http://www.tanaduni.com/index.php?option=com_content&view=article&id=106&Itemid=124)

### **Who can register?**

Everyone. For 2011, term 1 & 2 are beginner courses. Of course the 2nd term is also open to anyone who would like to repeat it.

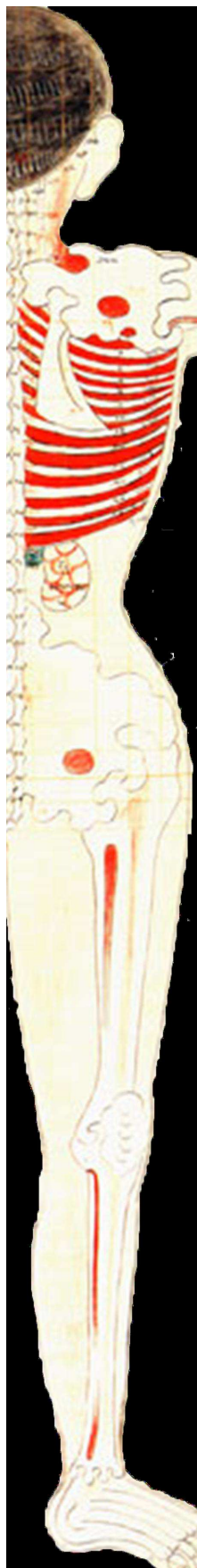
**Language?** English

**Study fee of the 2nd term?** Beginner: 650 Euro

Repeater, students with low income: 225 Euro

**When does Tanadug University start again with the 1st term?** March 2012

## What is the subject?



### Revision of TTM 1.1, Root Tantra (term 1)

#### Anatomy & Physiology according to Tibetan Medicine including

- Embryology
- Metaphors
- Anatomy (constituents, bones, joints, muscles, ligaments & tendons, channels, vulnerable parts, tubes & orifices, anatomical structural approach)
- Physiological Foundation (Digestion and Medrod, function of constituents & excretions, transformation of dangma)
- Concept of Body Features
- Signs of death

#### Subtle Anatomy including

- Vajra body (original purification, channels & chakras, energy fluids, impure substances, thoughts)
- Vajra voice (elements, syllables, vowels, words, sentences)
- Vajra mind (essential energy, bliss, primordial wisdom, self clarity, contemplation)
- Union of body, voice and mind)
- Bardo

#### Practical weekend (depending on your country coordinator in specific venues)

- Revision and training of pulse, urine, taking history, suggestion of diagnosis & treatment
- Specific Moxa points on the trunk
- La-massage

#### Exam on September 13th

### **How will the Online Teaching Program continue after the 2nd term?**

Starting in November 2011 all students of the first and second term can continue with their TTM study. There will be around 50 hours of online teaching again. Subject is "Diet & Lifestyle" according to Tibetan Medicine. The main teacher will be Dr Anastazja Holecko. Study fee will be once again 650/225 Euro. The course will go on until January 2012.

For a complete overview of the 4 level of the Tibetan Medicine please check [http://www.tanaduni.com/index.php?option=com\\_content&view=article&id=125&Itemid=121](http://www.tanaduni.com/index.php?option=com_content&view=article&id=125&Itemid=121)

## **Will there be TTM offered by the IATTM as physical courses? Why has the IATTM introduced Tanadug University and its Online Teaching Program?**

Due to the limited time of Dr Nida and the tiring non-stop-traveling throughout the year to 20 different countries around the world - with the numbers of countries increasing - there is currently no new study of TTM offered by any branches of the IATTM. Ongoing courses of the TTM study will be finished depending on Dr Nida's available time.

Dr Nida's time and energy limitations - we need to remember he still has a human body - are some of the reasons why the Online Teaching Program came into life. In addition it has been Dr Nida's long term wish to have an online based teaching of TTM. Another reason is the increasing demand from students all over the world for such an online setting - many of them having a full time job or little children and therefore cannot travel for an intensive TTM course. As the IATTM also tries to provide a good quality of teaching and other institutes already offering online courses about TTM, it felt more and more necessary to offer an online based TTM teaching for those seeking a qualified teaching of original TTM passed down by an unbroken line of transmission from Yuthok Yonten Gonpo to Dr Nida Chenagtsang.



## **Will Dr Nida also be part of the Online Teaching Program? Are there other teachers to be expected?**

Yes, Dr Nida will also teach parts of the Online Teaching Program. Our other current teachers are Dr Tam Nguyen, Dr Anastazja Holecko and Eric Rosenbush.

## **What is different between local TTM courses and the Online Teaching Program - apart from that fact that one is local and one is online?**

Due to the better time setting and bigger availability of TTM teachers the Online Teaching Program can probably offer more teaching time for all subjects. There will also be some new subjects that have not yet been part of local teaching due to time limitation. Depending on the number of students (like as in local teaching), Tanadug University can probably offer TTM on a more regular base with a fixed timetable throughout the year. In average the total costs will be less than with local teaching.

## **How does the online teaching work? Can I communicate with the teacher or the other students during class?**

Students will see the teacher on screen and can listen to the teaching. There will be online presentations on screen about that day's subject. Students will receive electronic files for their own records.

Typing in a chat window is always possible as well as using other features of the conference system for communication. With a microphone direct talking is possible. With a webcam being seen is also possible. The 1st term was done rather interactively with audio and visual communication, the teacher was frequently checking on the students - and students were frequently asking questions. For certain exercises connected to TTM the teacher could even check on the students positions and movements.

## **Is there any certification? What am I allowed to use it for?**

At the end of each level students will receive certificates after passing the level's final exam. In between exams are for the students to check their knowledge. There will be different kinds of certificates/confirmation:

1. certificates stating that the whole study of TTM has been successfully done (they require the students to achieve the necessary credit points and pass the final exams as well as hand in their thesis)
2. certificates stating that the Online Teaching Program of TTM has been successfully done (they require the students to pass the final exams and hand in their thesis, additional local courses may not be visited)
3. confirmations stating that the Online Teaching Program of TTM has been visited (no need to pass any exams - however students can still only join higher level courses once they have finished the preceding ones of the Online Teaching Program)

Any participation of the Online Teaching Program requires the students to pay the study fee.

Depending on your local regulation you may or may not be allowed to practice Tibetan Medicine with patients. Though the Tanadug University aims at teaching the complete study of Tibetan Medicine, it is not a substitute for a full time study of 6 or more years as in universities and institutes in Tibet, India, China etc. resulting in the profession of a doctor for Tibetan Medicine. However Tibetan Medicine was also meant for the patients themselves to be able to heal and prevent their diseases - since it's foundation by Yuthok Yonten Gonpo, 8th century. And as Tibetan Medicine has its own philosophical view and connections to nature and the universe it also offers holistic explanations about our world.

## **How can I register?**

Please reply to this email ([ttm.portugal@gmail.com](mailto:ttm.portugal@gmail.com)) stating you want to register and transfer the study fee to following account before July 1st:

### **Associação para Medicina Tradicional Tibetana**

**Account Number:** 0130005050330 **IBAN:** PT50 0035 0130 0000 5050 3304 1

**BIC:** CGDIPTPL **Bank:** Caixa Geral de Depósitos, Avenida João XXI, 63, 1000-300 Lisboa

**Telef:** +351 217 905 000 Portugal

### **IATTM address in Portugal:**

### **ASSOCIAÇÃO PARA A MEDICINA TRADICIONAL TIBETANA**

Rua Jerónimo de Carvalho, nº 56 Gonça  
P4800-191 Guimarães

Greetings,

Sergio Carvalho (IATTM)