

PROGRAM FOR 2007

28.06

All participants gather in the evening for dinner at the hotel in La Thuile.

29.06

9 a.m.

Departure for the «Chanousia botanical garden» and surrounding herbs trekking.

Afternoon

Seminar on «Materia Medica» at the hotel in La Thuile.

30.06

9 a.m.

«Materia Medica session» continues

Afternoon

«Hunting» for herbs and meditation in the mountain.

01.07

8 a.m.

Departure for Gran Paradiso in Cogne for herbs garden visit.

Evening

End of the herbal excursion seminar and return home.

- The participants will receive a basic text on Materia Medica and herbs.
- The Garden entrance fee is included in the price. Other expenses such as lodging, food, medication, etc are to be paid individually.
- The seminar and herbal oral teachings are given in English with an Italian translation.
- The number of participants is limited to 15-20 people.
- Three-day seminar and herbal excursion fee: 250 €



Prof. Dr. Pasang Yonten Arya

was born in Tibet, and graduated in Tibetan Medicine, Pharmacology and Tibetan Astrology, at the Tibetan Astro-medical Institute (Men-tsee-khang) of Dharamsala, India. He has worked as a director and professor of Tibetan Medicine at the Men-tsee-khang Tibetan medical college during many years before to settle in Europe.

He participates in national and international leading conferences in Tibetan Medicine in Europe, U.S.A. and Asia, teaches Tibetan Medicine in Italy, Germany and Switzerland, and is the director of the New Yuthok Institute for Tibetan Medicine of Milan - Italy.

INFORMATION

For more information on Materia medica, please visit Dr. Pasang Y. Arya's website:
www.tibetanmedicine-edu.org

For more information on the excursion, please contact:
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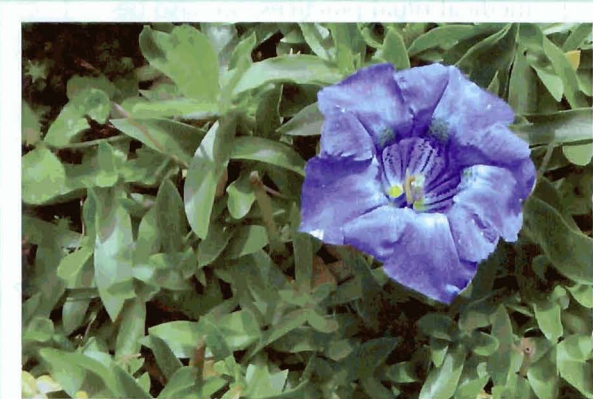
REGISTRATIONS

It is possible to directly register at:
www.tibetanmedicine-edu.org/en/herbsexcursion2007.html
or by contacting Ms Claudia Bottazzi

Discovering THE TIBETAN HERBAL TRADITION

From
29 JUNE to 01 JULY 2007

With
Dr. Pasang Y. Arya Tendi Sherpa



A three-day
herbal excursion in
La Thuile and
Gran Paradiso - Italy

Tibetans have enjoyed thousands of years of experience with their rich herbs and minerals. The ancient 'medicine man' and the later physicians discovered a great number of herbs and minerals and the way to use them for healing. In this high and blessed land, famous for its legends and mystic cures, Tibetan plants possess strong tastes and high potencies that are naturally powerful against diseases. Spiritual healing and love and compassion of the Buddhist and medical ritual practices, are also believed to cure the body, mind and speech disequilibrium at more subtle levels.

The Tibetan Materia Medica, through its own tradition and method, has developed particular pharmacy works, like specially the multi compounding characteristic and tradition, which is a special feature that greatly differentiates it from the other Asian medical systems. Tibetan Physicians further developed special products to sustain the body energy and even slow down the aging process. They use as much gold and diamond as ordinary stones, and saffron and camphor as ordinary herbs, wood medicine or other components.

«Herbal excursions are one of my favorite holiday activities as they relax and heal the body/mind through nature and the flowers fragrance powers. The Tibetan herbal practice is a great healing tradition of Tibetan Medicine. In July 2006, my dream of a great herbal excursion throughout the central European Alps became real. Its aim was to discover the Tibetan herbs and plants growing there, and learn and research their healing values according to Tibetan Medicine. This was the 4th herbal excursion organized since year 2000. During two weeks, and over more than 4000 km, we visited many mountains, and fourteen botanical gardens. We not only made a large survey of many Italian natural parks and botanical mountain gardens from Valle d'Aosta to Bolzano and Trentino, but also went to Innsbruck University garden, Patscherkofel and Kitzbuehlerhorn in Austria. We continued our journey further towards Switzerland where we visited Davos, La Thomasia, the Gentiana medicinal garden and others.

For the 2007 herbal excursion, we have selected «Chanousia», located at La Thuile, in Piccolo San Bernardo, and Gran Paradisia, in Cogne, as they are the most appropriate places for an herbal introduction and Materia Medica study seminar.»

Place of herbal excursion

The clean mountain air of La Thuile and its beautiful scenery is the perfect place for study and meditation. The Chanousia botanical Garden is located in a high altitude with glaciers where one can enjoy the birds' songs and bees' murmurs. There are beautiful mountains landscapes in the Italian and French sides. Herbs and flowers smile-like and dance moved by the fresh wind. They are the perfect nectar for the body/mind, burnt up by the downing sunrays.

Gran Paradisia is another interesting place for herbal trekking. The herbs, and surrounding mountain panorama, with the narrow mountain roads like the blue sky lines refill the body with a new energy circulation and refresh the mind.

Both mountains have numerous species and many of them can be found in the Tibetan Medical pharmacopeia.

*“The life saving nectar grows in the mountains
But only, if you correctly identify
the herbs and plants
with the proper knowledge
in accordance to the master.”*

Arya Nagarjuna Acharya

