



Tibetan & Holistic Healing

Traditional Tibetan Medical Doctor

Nashalla Gwyn Nyinda TMD

Seattle & Bellingham Washington

March 24rd – April 2

Seattle Health Consults:

March 24-25th & April 1-2nd

Bellingham Programs March 26-30th

FRIDAY March 26 Free Public Lecture 6:30 PM

Fundamentals of Tibetan Medicine

Community Food Co-Op at 315 Westerly Rd. Bellingham, WA

Weekend Workshop – Tibetan Medicine Demystified

Ayurvedic Health Center - Clover Building 203 W. Holly, Suite 201
9-12 PM 2-5:30 PM - Register for Full 2 days or Saturday only

Call Shakti to register for Bellingham workshop – 360 672 1473

Bellingham Health Consults:

March 29-30th

To Schedule 1 hr Traditional Tibetan Medicine consults:

Call Nashalla - 303 570 8242

Nashalla Gwyn Nyinda TMD has studied Tibetan Medicine since 1999 under various teachers in the USA, Nepal, India and Tibet. She completed her *Menpa* degree (*Doctor of Tibetan Medicine*) in 2009 from Qinghai Tibetan Medical College Tibet and The Shang Shung Institute of Tibetan Medicine. She has a BA in Interdisciplinary Studies from Naropa University in Asian Medicine and Buddhist Psychology. Nashalla integrates Ayurveda, Five Element Taoist Theory, Jin Shin Tara and teaches acupressure alongside Tibetan treatment methods in Colorado and around the USA.



First time consult \$65 Repeat consults \$45

Medicines if needed are an additional cost

For further information on Dr. Nashalla or the weekend workshop costs please visit www.holistic-health.org

Or call Nashalla at 303 570 8242

Call Shakti for information or to register for the Bellingham workshop at 360 672 1473