

BODY, MIND,
ENERGY & HEART

TIBETAN SELF-HEALING TECHNIQUES

13TH, 20TH & 27TH JULY 2024

WORKSHOPS WITH
PEMA DÜDDUL

LIVE ONLINE

PRISTINE AWARENESS:
FOUNDATION FOR BUDDHIST PRACTICE



Tibetan self-healing techniques are a profound collection of practices rooted in the ancient wisdom of Tibetan medicine. These methods harmonize the body's energies through a blend of acupressure, yoga, energy balancing, meditation, sound and visualization. Central to these techniques is the belief in the interconnectedness of mind, body, and elemental energy as well as the transformative power of joy, love, compassion and equanimity. These time-honored practices offer a holistic approach to health, emphasizing prevention and self-care, and are revered for their deep healing and restorative properties. The techniques taught in this workshop are focused on general wellbeing as well as anxiety and mental health.

The workshop will be led by [Pema Düddul](#), who is a transpersonal counsellor, the author of numerous Dharma books, and a Dharma teacher. Pema-la received training in these healing techniques from multiple masters of the Tibetan Buddhist tradition.

Click [HERE](#) to register for the workshop.

10am – 1pm
July 13th, 20th & 27th 2024
Australian Eastern Standard Time
(Sydney Time Zone)

\$120 AUD
LIVE ON ZOOM

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