

## Tibetan Healing Exercise for Physical Training Instructors of Tibetan Schools Underway

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Health Kalon Dr. Tsering Wangchuk speaking at the inaugural session of the workshop, 24 June 2015.

**DHARAMSHALA:** The Department of Health, Central Tibetan Administration in collaboration with Nangchen Menlang institute is hosting a Tibetan healing exercise (Lujong) workshop for Physical Training Instructors at Peace House, Upper TCV from 24 – 27 June 2015.

Twenty-two physical training instructors from various schools of TCV, Sambhota and Tibetan Homes Foundation are attending the four-day exercise workshop. The workshop is given by Tulku Lobsang Rinpoche.

Health Kalon Dr. Tsering Wangchuk who attended the inaugural session spoke on the significance of daily exercise as a preventive healthcare. He said, "According to WHO, 80% of diseases in this world can be prevented and majority of disease comes from how and what we eat." He also called for incorporating a daily exercise routine to stay healthy, underlining some of the major activities undertaken by the health department in recent years.

Speaking on the aims and objectives of the workshop, Health secretary Tsegyal Chukya Dranyi said, "Future of Tibet depends on Tibetan students and the mental and physical fitness of these students are extremely important. Thus, hosting such workshops for the school physical education instructors would help in imparting health fitness for the future seeds of Tibet."

Tulku Lobsang Rinpoche is a renowned Tibetan healing exercise practitioner. He has offered free

public teachings of his signature *Lu Jong* – Tibetan Healing Yoga Practice to the Tibetan community throughout India. Over 10,000 Tibetans of all ages have participated in his free public teachings.

*Lu Jong* or the Tibetan Healing Yoga Practice is based upon traditional Tibetan Buddhist exercises.



A group photo of the participating Tibetan Physical Instructors with Health Kalon Dr. Tsering Wangchuk, Health Secretary Tsegyal Dranyi, and Tulku Lobsang Rinpoche, the resource person.