

# Three Rivers Tibetan Cultural Center presents: **Tibetan Medicine and Meditation**

Mind-Body Connection and Treatment of Insomnia, Depression, and  
Fibromyalgia

by *Mempa Youlha Tsering*

Friday, May 25, 2018 7:00 - 8:30pm

## A public talk at the *Sixth Presbyterian Church*

*Mempa Youlha Tsering* will give a brief introduction on the mind-body connection approach of Tibetan Medicine, including perspectives from embryology, pathology and diagnosis of common disorders such as insomnia, depression and fibromyalgia. He will explain how spiritual practices and meditation play a role in Tibetan Medicine.

**LOCATION: Sixth Presbyterian Church of Pittsburgh**  
**1688 Murray Ave, Pittsburgh, PA 15217**

*Mempa (Doctor) Youlha Tsering* graduated from the Qinghai University Tibetan Medical College in 2003 after completing a five-year degree in Tibetan Medicine. After graduation, Mempa Youlha practiced for a year in Lhasa at a clinic specializing in musculoskeletal injuries and disorders. He then traveled abroad and founded the Yuthog Clinic in Kathmandu, Nepal.

During his stay in Nepal, he volunteered nearly a year of his time as a physician in one of the most remote areas of the country before traveling to India to continue advanced medical studies. His training and experiences have given him a deep knowledge of Tibetan herbs, Tibetan methods of diagnosis, physical therapies such as moxibustion, Ku Nye massage, and “Golden Needle Therapy”. After coming to the United States, he continued to study a variety of massage therapy and bodywork training in Conway, MA and Asheville, NC, and has been licensed as a Massage Therapist.

Mempa Youlha has had a life-long dream of acting as a bridge between cultures and between medical traditions. With a solid foundation on Tibetan medical knowledge, Youlha still actively seeks out new ideas and new ways of understanding lifestyle needs and individual diets to effectively address the mental well-being of his patients.

***ALL ARE WELCOME***

During his 3-day visit to Pittsburgh, Mempa Youlha is also available for individual consultation on May 25-27, Friday through Sunday at TRTCC, located at 7313 Florence Avenue, Pittsburgh PA 15218.

<https://www.threeriverstibetancc.org/>

If you are interested in scheduling a consultation please send us a message to [threeriversdharma@gmail.com](mailto:threeriversdharma@gmail.com) with your full name, phone number, and preferred time.

