



SOWA RIGPA IN ACTION

Varied Lecture and Interactive Workshop Program | Information and Exhibition Stands | Practical Trainings and Free Medical Camps Presentation of Treatment Sequences and Exhibitions | International Networking Meetings | Arts and Culture | Comprehensive Additional Program before & after the Congress



“We are one family” – **Dr. Nida Chenagtsang**, Congress President, during Sorig Congress 2014 in Kathmandu

“Wherever possible, we must work on a common ground. Where there are differences, we need to respect the views, and not necessarily adopt the views and lose sight of one’s primary objectives.” – **Mr. Tashi Tsering Phuri**, Director of Men- Tsee- Khang Dharamsala/India, during Sorig Congress 2014 in Kathmandu

Dear friend of Sowa Rigpa, dear Congress Participant,

A warm welcome to the 5th International Congress on Sowa Rigpa in Kathmandu/Nepal. Under the powerful motto **“Sowa Rigpa in Action”** we would like to experience Sowa Rigpa in concrete action: highly experienced speakers will present „case reports“ of their work and together with experts and scholars from around the world and -altogether in close cooperation- we are going to establish international guidelines for future Sorig case reports and Case studies.

Sowa Rigpa with its comprehensive time-tested knowledge meets an increasing global interest in treatment options and accessible information which are in accordance not only with the original teachings but also with international scientific standards.

Let’s create this 5th Congress together in harmony and cooperation for the benefit of all sentient beings



SORIG KATHMANDU CONGRESS
5th International Congress on Sowa Rigpa
1- 3 March 2017 in Kathmandu, Nepal

Teaching/Retreat-Program before the Congress:

February 18th-24: 7 day Yuthok Nyingthig Ngondro Retreat with Jacqueline Yu/Singapore in Pharping

Yuthok Nyingthig Ngondro Retreat
Guided by Jacqueline Yu
18th to 24th Feb 2017
Rigzin Phodrang Monastery
Pharping, Nepal



Registration: jacqueline.yu@sorigkhang.org

February 27: Losar

During the next days the Congress family will celebrate the Tibetan new year with our Tibetan friends in Nepal and around the world and the Congress Ngondro will be a part of the festivities with time for shared joint spiritual activities

**SKI Meetings
26th to 28th February 2017**

<p>10:00 a.m. - 5:30 p.m. Shechen Monastery</p>	<p>SKI Meetings News and Presentation of Projects Moderated by Dr. Tam Nguyen and SKI/Head Office Team</p>
--	--

What a great challenge: The SORIG KHANG INTERNATIONAL FOUNDATION is officially registered and a process of transparency in cooperation has started, mindfully guided by *Dr. Tam Ngyuen* and *Thurid Koester*, in close contact to and with supervision of *Dr. Nida Chenagtsang* and with support from other HOT Members.

All the different project groups from the inspiring meetings during the last Congress in Tallinn/Estonia will present first results of their interdisciplinary project work and first steps of implementation. The main aim is to deepen the roots of the Congress as an annual international platform for all family members and friends around the world, as the heart of the



international exchange which offers transparency and active participation, where core-decisions and very important topics and issues will be discussed in a collective network, from face to face.

Let's come together in friendship and cooperation and let's create the next important steps of this wonderful diverse and most lively organization together, with openness and transparency, for the benefit of all.

Congress Registration 28th February 2017

2:00 p.m. - 5:30 p.m. Congress Camp /Shechen GH	Registration of all participants Completion of Payment AST (guided by Shimran and Manila)
---	---

CONGRESS OPENING CEREMONY – CONGRESS NGÖNDRO 28th February 2017

5:30 p.m. - 8:30 p.m. Meeting point at the Stupa Congress Camp Shechen GH	SPIRITUAL OPENING CEREMONY OPENING PARTY: DINNER w Music Charya Dance Welcoming friends from all over the world
---	--

1st March 2017, Friday (Morning Program)

9:00 a.m. - 10:30 a.m. HOTEL	WELCOMING WORDS OFFICIAL OPENING CEREMONY w Chief Guest AWARDING OF THE PRIZE FOR OUTSTANDING CONTRIBUTIONS IN THE FIELD OF SOWA RIGPA Guided by Raj K. Shrestha and Dr. Jens Tönnemann Heads of the International Organizing Team	
10:30 a.m. - 12:00 a.m. HOTEL	N AREA IS OPEN	OPENING LECTURE: SOWA RIGPA IN ACTION Dr. Nida Chenagtsang Honorary President of the International Congress on Sowa Rigpa Medical Director of SKI
12:00 a.m. - 1 p.m. HOTEL		A centenary and the future of promoting Sowa Rigpa world-wide Mr. Tashi Tsering Phuri Director of Men-Tsee-Khang, Dharamsala/India
1:15 p.m. - 2:15 p.m. Camp/Shechen GH	JOINT VEGETARIAN LUNCH	

* Presentation Area in front of the Presentation Halls



1st March 2017 (Afternoon & Evening Program)

From 2:15 p.m. – 8:15 p.m. PARALLEL PROGRAM Room 1 & Room 2	Teaching Room	Room 1	Hall 1st Floor	Room 2
2:30 p.m. – 5:45 p.m. Room 2		Workshop (2:30 p.m.-6:00 p.m.) Yuk Chö with Philippe Gonin SKI International Teacher for Yuk Chö /France		
2:30p.m.- 3:15 p.m. Room 1	FIRST AID AREA IS OPEN	Dr. Nyima Tsering Nepali Principal of Sowa Rigpa Int'l College, Kathmandu		
3:15p.m.- 3:30 p.m. Room 1		Guided Joint Meditation Practice with Jacqueline Yu SKI Head of Activities – Sorig First Aid		
3:30 p.m. – 3:45 p.m. Camp/Shechen GH		JOINT TEA BREAK		
4:00p.m.- 4:45 p.m. Room 1		Dr. Namgyal Rinpoche Dolpo Amchi President of the Dolpo Amchi Association, Chairman of the National Himalayan Amchi Association		
4:45p.m.- 5:30 p.m. Room 1		Dr. Machik Vice President of Malho Hospital/Amdo, SKI Awardee for his outstanding contributions in the field of Sowa Rigpa		
5:30 p.m. – 6:15 p.m. Room 1		Panel with speakers: Q/A, Outstanding news, Conclusion & Feedback		
6:30 p.m. – 7:15 p.m. Camp/Shechen GH		JOINT VEGETARIAN DINNER		
7:30 p.m. – 8:30 p.m. Room 1		LIVE CONCERT: DRUKMO GYAL The purification voice of Tibet		



2nd March 2017

PARALLEL PROGRAM Room 1 & Room 2	Teaching Room	Room 1	Hall 1st Floor	Room 2
8:15 a.m. – 8:45 a.m. Room 1	JOINT MEDITATION PRACTICE Guided by Jacqueline Yu			
9:00 p.m. - 9:45 p.m. Room 1	ION AREA IS OPEN	Dr. Urgian Kalzang Senior Doctor and Teacher of Sowa Rigpa, Kathmandu		
9:45 a.m. - 10:30 p.m. Room 1		Dr. Tam Nguyen SKI Managing Director		
10:30 p.m. – 10:45 p.m. Camp/Shechen GH	JOINT TEA BREAK			
10:45 p.m. – 1:00 p.m. Room 2	SPECIAL FORUM: NEPAL Outstanding Nepalese Perspectives of Interdisciplinarity in the field of Sowa Rigpa: Moderation/Chairman: Dr. Ghana Shyam Gurung Senior Conservation Program Director at WWF Nepal Co-Moderation/Vice-Chairman: Dr. Tenjin Dharke Gurung Director and Management committee Chair of Sowa Rigpa International College/Nepal Prof. Punya P. Parajuli, Professor at the SRIC, Lumbini University Buddhism and Tibetan Medicine Dr. Ghana Shyam Gurung Senior Conservation Program Director at WWF Nepal Nature Conservation for Humanity - Nepal in Global Conservation Dr. Basu Dev Pandey Deputy Director General Department of Health Service Ministry of Health Health Service Delivery System in Nepal			
10:45 a.m. – 11:15 a.m. Room 1	Thurid Köster SKI HOT Secretary, Head of SKI International Drangsong Group			
11:15 a.m. – 11:45 p.m. Room 1	REVIEW FROM ESTONIA: Viivi Käärma SKI Coordinator in Estonia			



**SORIG KATHMANDU
CONGRESS**
5th International Congress on Sowa Rigpa
1- 3 March 2017 in Kathmandu, Nepal

11:45 a.m. - 12.30 p.m.		Dr. Florian Ploberger President of the OAGTCM/ Austria, Official Translation of the rGyud-bZhi into German
12.30 p.m. - 12.45 p.m.		Christiana Polites, BA SKY Press, SKI HOT, Sorig Khang Portland
12:45 p.m. - 13:00 p.m.		COUNTRY PRESENTATION, INVITATION AND OUTLOOK ON SORIG CONGRESS No. 6: ITALY Team of SKI Italy
1:00 p.m. - 2:00 p.m. Camp/Shechen GH		JOINT VEGETARIAN LUNCH
2:15 p.m. - 6:00 p.m. Room 2		WORKSHOP LUM / 5 Nectar Bath Therapy Dr. Dmitrii Khokhlov and Team/Buryatia
2:15 p.m. - 3:30 p.m. Room 1		Dr. Leksho Kunphen Clinic Kathmandu
3:30 p.m. - 4.15 p.m. Room 1		Eric Rosenbush SKI International Teacher, USA/India
4:00 p.m. - 4:45 p.m. Camp/Shechen GH		JOINT TEA BREAK
4:45 p.m. - 5:30 p.m. Room 1		Dr. Nida & Dr. Machik: Case reports from Amdo
5:30 p.m. - 6.00 p.m. Room 1		Panel with speakers: Q/A, Outstanding news, Conclusion & Feedback
6:15 p.m. - 7:30 p.m. Camp/Shechen GH		JOINT VEGETARIAN DINNER
FROM 7:30 p.m. STUPA/BOUDHA		Joint Evening Meditation at the great Stupa with Jacqueline Yu



3rd March 2017

PARALLEL PROGRAM Room 1 & Room 2	Teaching Room	Room 1	Hall 1st Floor	Room 2
8:15 a.m. – 8:45 a.m. Room 1	JOINT MEDITATION PRACTICE Guided by Jacqueline Yu			
9:00 p.m.- 9:45 p.m. Room 1	ARE A IS	Dr. Sonam Pelmo Shechen Clinic, Kathmandu/Nepal		
9:00 p.m. – 11:15 p.m. Room 2 BOUDHA		VISIT TO CLINICS IN BOUDHA		
9:45 a.m.- 10:30 p.m. Room 1		Dr. Andreas Reimers MD in Germany: Psychiatrist, Neurologist and Psychotherapist		
10:30 p.m. – 11:15 p.m. Camp/Shechen GH		JOINT TEA BREAK		
11:15 a.m. – 12:00 a.m. Room 1		Dr. Choelothar Senior Doctor, Men-Tsee-Khang, Dharamsala/India		
12:00 a.m. – 12:15 p.m. Room 1		Guided Joint Meditation Practice		
12:15 a.m. – 1:00 p.m. Room 1		Dr. Namsay Sorig Bumshi School for Medcial sciences of Early Tradition, Kathmandu/Nepal		
1:00 p.m. – 2:15 p.m Camp/Shechen GH		JOINT VEGETARIAN LUNCH		
2:30 p.m.- 3:15 p.m. Room 1	AR EA IS	College Presentation with Students of the SRIC/Kathmandu		
3:15 p.m.- 4:00 p.m. Room 1	ARE A IS ODE	CONCLUSION AND OUTLOOK INTERNATIONAL ROUND TABLE, INTERACTIVE w Question & Answer SOWA RIGPA EXPERTS FROM DIFFERENT COUNTRIES		
4:00 p.m. – 4:30 p.m. Camp/Shechen GH		JOINT TEA BREAK AND COLLECTIVE MANTRA CHANTING WITH DRUKMO GYAL: CLOSING THE CONGRESS CAMP		



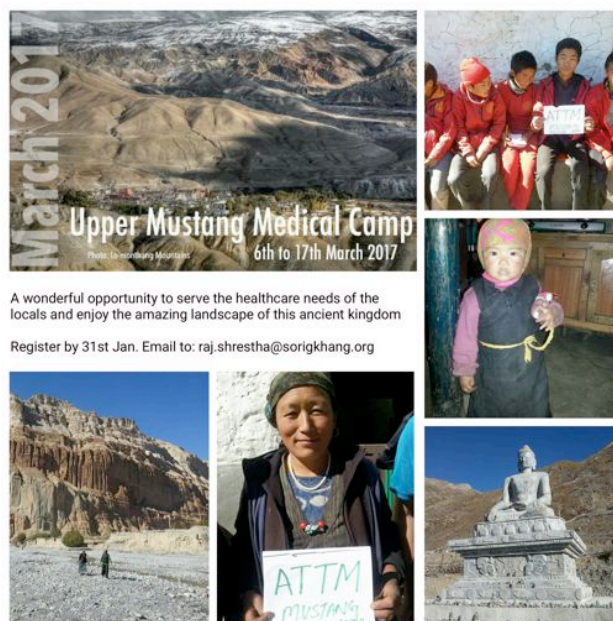
SORIG KATHMANDU CONGRESS
5th International Congress on Sowa Rigpa
1- 3 March 2017 in Kathmandu, Nepal

4:30 a.m. - 5:30 Room 1	DECLARATION AND CERTIFICATION CLOSING CEREMONY
from 6:30 p.m HOTEL Harnika	AFTER CONGRESS PARTY WITH DINNER, MUSIC AND DANCE

FOLLOW-UP-PROGRAM:

Please note: separate registration for the follow-up-program in Nepal during the Congress
(exception: for Free Medical Camps a registration in advance is required)

- 4th- 5th March: Yuthok´s Ati Yoga with Dr. Nida incl. Book presentation „Mirror of light“ (<http://www.skypressbooks.com>), registration in Nepal during the Congress
- from 6th March: Free Medical Camps start (for more details: www.sorigcongress.org), a registration in advance is required



- from 6th March: 3-day-course: Introduction to Tibetan Language (College), registration in Nepal during the Congress



- **March 8-10: Guided tour to Lumbini with Dr. Nida, registration in Nepal during the Congress**
- **from 10th to 12th March: Trainings for new SKI teachers with Dr. Nida, registration in Nepal during the Congress**

March 10th: SKI Nejang Instructor

March 11-12: SKI Healing Meditation guide