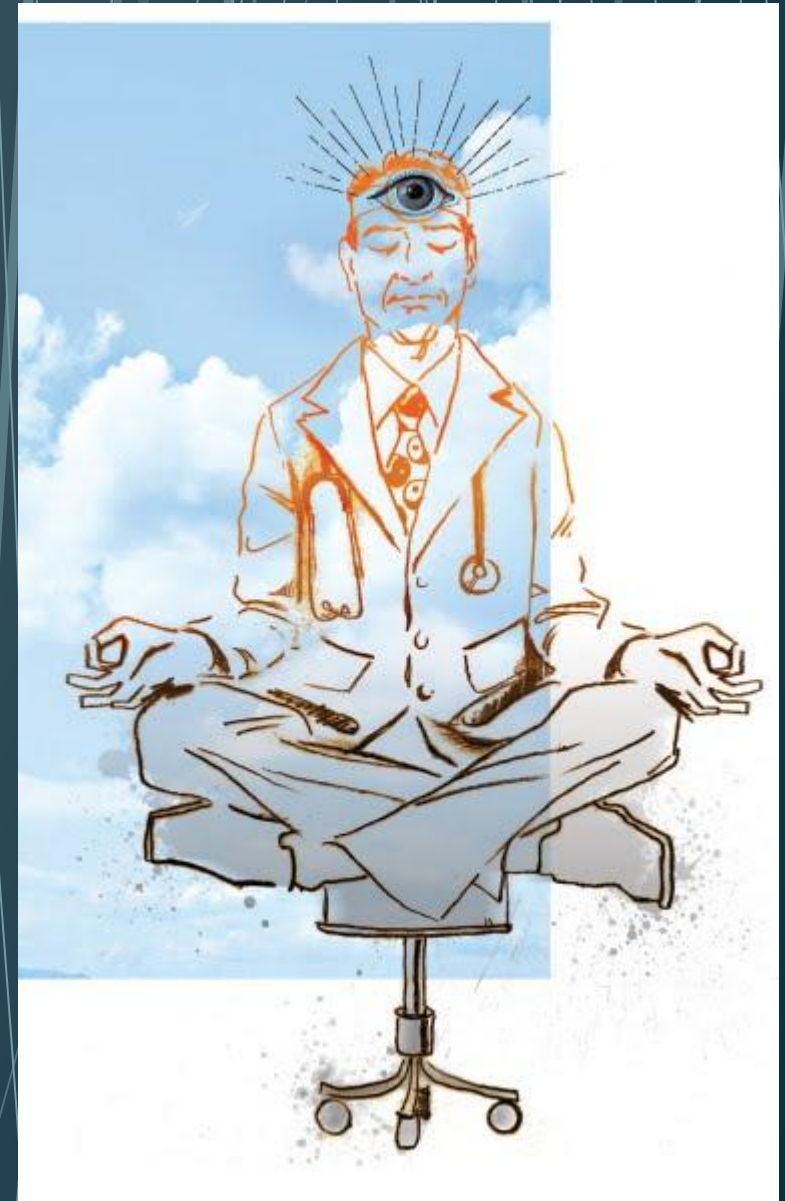


Ochsner, LMHPCO, and LHA present the
third annual

**Mindful Medicine Conference:
East meets West in the Himalayas of
Northern India**

October 29 – November 9, 2019

[\(REGISTER NOW\)](#)



Course Overview

- The purpose of this course is to open up a dialogue sharing practices medical philosophies with Tibetan physicians. The Louisiana Himalaya Association(LHA) has been working with the Tibetan refugee community in India since 1997. The mission has been to bring volunteers and resources needed to the Himalayas while bringing the wisdom traditions of this ancient culture back home. This conference will be the third of its kind. For the first two our US practitioners shared valuable skills and technical information much needed by the Tibetan physicians. They brought home valuable information for patient care and physician well-being.
- Tibetan medicine teaches that the purpose of life is ultimately to be happy and consists of philosophy, science, and healing practices that create and maintain both a healthy body and mind. It is a holistic approach to maintaining one's health rather than only treating disease. By applying eastern practices to self-care, one becomes more aware of how thoughts and behaviors influence overall health and happiness.
- CMEs available through Ochsner Medical Center

[LINK TO REGISTRATION](#)

This conference is a collaborative effort between Ochsner, the Louisiana Mississippi Hospice & Palliative Care Organization (LMHPCO), and the Louisiana Himalaya Association (LHA), along with the Tibetan Delek Hospital in Dharamsala, India

"More than 15 years ago, volunteering with LHA changed the trajectory of my development as a physician. I returned on these group trips three times since, and have worked with other international social work and health organizations. I find LHA's approach to be unique and rare. LHA ensures that Western involvement does no harm, utilizing donated time and resources prudently, and focusing on long-term relationships. These groups have a long, successful history of simultaneously helping Tibetan exile communities, and exposing Westerners to a culture which has much to teach."

–Shuchin Shukla, MD, MPH



Main Destination: Dharamsala, Himachal Pradesh, India

Home of the 14th Dalai Lama and Center of the Tibetan community in exile

What's Needed by the Tibetan Physicians: They have requested that we try our best to find some participants to attend the 2019 conference that would be able to offer them lectures and/or practical skills training in one or more of these areas of need:

- Diabetic Eye disease, Ocular emergencies or any other eye topics
- Radio-diagnosis (orientation on emergency ultrasound, CT/MRI basic interpretation)
- Update on management of CHF (congestive heart failure), COPD (Chronic Obstructive Pulmonary Disease)
- Update on management of Stroke, seizure disorder.
- Update on Hepatitis B
- Treating those who also have psychological disorders (Psychiatrists/Psychologists)
- Diabetic update
- Chest X Ray free air pleural disease
- Interstitial lung disease
- ECG
- Arrhythmia
- DVT and Pulmonary embolism
- Hyper and Hypo thyroidism for primary care
- Electrolyte imbalance
- Acute abdomen urgent care
- Management of acute and chronic heart failure
- Dizziness ENT perspective
- Management of ulcer and dyspepsia & pylori infection



Tours and Sites Schedule



Day 1: Evening Arrival at New Delhi International Airport

Day 2: Delhi – Tour of Mother Theresa's Home for the Destitute & the Mahatma Gandhi Museum

Day 3: Domestic flight to Dharamsala – Tour of the Dalai Lama's Temple and gardens surrounding his home

Day 4: Dharamsala – Tour of the Tibet Museum and Opening day of the Conference

Day 5: Dharamsala – Conference continues with tours of Delek Hospital and the Tibetan Medical School

Day 6: Dharamsala – Conference continues with practical skills training sessions at Delek Hospital

Day 7: Dharamsala – Conference continues with practical skills training sessions at Delek Hospital

Day 8: Trek into the Himalayas OR tour the Institute for Art Preservation and Tibetan Children's Village (TCV)

Day 9: Himalayan Trek continued or time off to explore points of personal interest

Day 10: AM Domestic flight to Delhi, PM evening flight to USA

*Please note, due to the nature of travel in India, the itinerary will remain somewhat flexible throughout the trip.

[LINK TO REGISTRATION](#)

Study Itinerary

- Introduction to Tibetan Buddhism: science, philosophy, religion and culture
- Tibetan treatments: behavioral modifications, diet, herbal medication, physical therapy, spirituality
- Yoga, Meditation and Mindfulness Practices
- Tibetan relationship to suffering: The Four Noble Truths
- Introduction to Tibetan medicine
- Tibetan diagnostic techniques
- Tibetan music therapy: the healing power of sound
- Holistic medicine: integration of Eastern and Western medicine
- Tibetan view of death and dying
- Views on elder care
- Healthy Mind: maintaining health with mindfulness
- Physician self care and burn out prevention strategies



Recommended Reading

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- A Doctor in Little Lhasa, by Timothy Holtz
- Attending: Medicine, Mindfulness, and Humanity, by Ronald Epstein
- Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom, by Rick Hanson
- The Tibetan Book of Living and Dying
- How to Meditate, by Kathleen McDonald
- The Art of Happiness, by The Dalai Lama
- The Book of Joy, by The Dalai Lama and Arch Bishop Desmond Tutu

[LINK TO REGISTRATION](#)



Guide and Onsite Coordinator:

Neil E. Guidry, ACSW
Co-Founder and President,
Himalaya Association (LHA)
www.lhainfo.org

Neil has lived and worked with the Tibetan community in northern India for six months every year since the establishment of LHA in 1997. He has helped to coordinate over 50 volunteer/cultural exchange groups from Louisiana to the Himalayas while working on projects with the exiled Tibetan community. At home in Louisiana he organizes fundraisers to support LHA projects and has taught Global Social Work and Buddhist Studies at Tulane for 12 years. He acts as advisor and consultant to LHA Charitable Trust in Dharamsala which will be the Tibetan host organization during our time there.



Guide, Cultural Advisor and Translator: Venerable Tsering Phuntsok

Venerable Tsering Phuntsok is one of 250 monks of the Palyul Nyingma Buddhist Monastery in India. He specializes in Sacred Lama Dance and Ritual Ceremonies. He speaks fluent Tibetan, English, Hindi and Nepali. His happy demeanor paired with a vast knowledge of the cultures and traditions of the area make Tsering the perfect guide. Tsering has assisted with over 50 groups of this kind. He has a wonderful way of being able to keep everyone smiling!



Group Facilitator: Chris Blais, MD



Chris is a physician from New Orleans specializing in infectious diseases and palliative medicine. During the summer of 2015 he came to India with a group organized by LHA and the Louisiana Mississippi Hospice and Palliative Care Organization. After meeting with the Tibetan MDs in India the plan of this collaborative conference manifested. This will be our third Mindful Medicine conference.

Pre-Trip Coordinator:

(registration and preparation)

Jocelyn Pinkerton, LCSW



Jocelyn has been involved with the Louisiana Himalaya Association (LHA) since 2006. She first volunteered in India in 2008, and has returned several times since then. She is currently an adjunct professor at the Tulane School of Social Work. She specializes in incorporating mindfulness into social work practice. She is also social worker for the city of New Orleans. Jocelyn coordinates similar trips to India for several other groups. Her expertise in organizational skills will help assure that we are all properly prepared for the trip.

Included in Trip Cost (\$1875)

Coordinators, guides, translators and guest lecturers

Conference rooms for lectures, meetings, yoga and meditation classes

Two group meals per day

All nights lodging while in India (Double or Private Occupancy)

- Delhi (2 nights): Ashok Country Resort <http://www.ashokcountryresort.com/>
- Dharamsala (6 nights): LHA Charitable Trust Guest House "Ahimsa House"
- Gallu (1 Night): Himalayan Mountain Lodge

All Overland Transportation while in India

- Auto transport provided with professional licensed drivers in Toyota or Chevy SUVs
- Local Taxis or Auto Rickshaws may be used for short distance transport.



NOT INCLUDED IN TRIP COST

Roundtrip airfare USA-Delhi: ~ \$1000 – \$1500

Domestic Round Trip Flights: ~ \$300

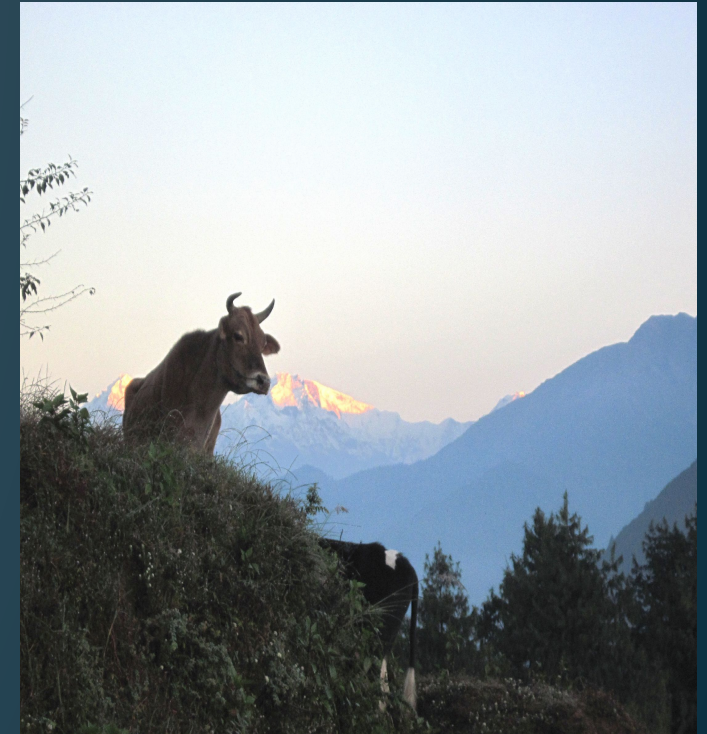
Transportation to and from Delhi airport: ~\$40

India Visa: ~ \$100 (we have directions on how to apply)

Travel Insurance: ~ \$100

One meal per day: ~ \$10 per meal

Souvenir shopping



*If anyone would like to arrive early or stay longer please note that accommodation and site seeing ventures, such as the Taj Mahal, can be arranged directly through Ashok Country Resort. Any extra days and excursions are not included in the cost of the group trip and are fully independent undertakings. If you are planning for more time in India we recommend it be on the back side of the trip once you have had the group experience and have acclimated to the ways of the country.

STEP BY STEP INDIA TRIP !

Step one – Register - Please note that this group will have a max of 12 participants and will be on a first come first served basis [REGISTER now to secure your spot](#)

Step two – Group Member will receive contact from our pre-trip coordinator Jocelyn Pinkerton who will be available for questions and assistance throughout your preparations :

Step three – you will receive

- Group Flight information (optional)

- India Visa application information

- Packing and general health recommendations

Step four – Individually apply for India Visa and purchase flight and travel insurance. Visit travel clinic for vaccines and medical recommendations.

Step five – Submit scanned copies of Passport, India Visa, Flight Ticket, and Travel Insurance.

Step six - Submit the balance due on the registration site

Step seven – India !

Flights, Travel Insurance, and Vaccinations

Flights: We will hold your spot on the tour as soon as we receive your deposit. But please do not purchase an airline ticket until you have received confirmation from us. At that time we will share more information on flights.

Travel Insurance: It is required that you purchase independent travel insurance, which provides protection against trip cancellation/delay, lost or stolen luggage, and international medical emergencies.

Vaccinations: You should make an appointment with your doctor or a travel doctor with ample time before traveling. You should tell your healthcare professional that we are spending the majority of our time in the state of Himachal Pradesh. More information can be found by looking at the CDC recommendations:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

“A journey of a thousand miles begins with a single footstep.”

- Please note that although parts of this trip can be somewhat physically challenging, other enjoyable options or accommodations can easily be made. Please tell us about any health concerns we should know about.
- Know that this is not an ordinary tourist sightseeing group - this will be a very intimate experiential learning and sharing time integrated within a well-established community situation.
- Our on-site coordinator, Neil Guidry has organized over 50 India groups prior to this one and is looking forward to introducing us to the Tibetan community with whom he has lived and worked for the past 18 years.
- We have a list of previous group participants from different cities around the US that would be happy to have a phone conversation about their India experience.
- Please check out www.lhainfo.org and www.lhasocialwork.org for more info about the programs and projects our group will be in contact within India.
- Any further questions prior to registration please contact Neil Guidry (nguidry@tulane.edu) . Jocelyn Pinkerton (jocelyn.pinkerton@gmail.com) will be available for questions once your registration is complete.
- [REGISTER now to secure your spot](#)