



# SOWA RIGPA FOUNDATION AND ADVANCED STUDIES PROGRAM

## **SOWA RIGPA FOUNDATION COURSE**

The Sowa Rigpa Foundation Course is intended for those interested in applying the principles of Sowa Rigpa for personal healing and to support others in their wellness journey. This program consists of self-paced recorded lessons, live classes with comprehensive notes for interactive learning and guidance. Students can also join a community space for discussions. There is no prerequisite to enrolling in this course.

This foundational course offers a flexible and accessible introduction to Sowa Rigpa, allowing participants to progress at their own pace while benefiting from live, instructor-led sessions and the support of a learning community. By the end of the one-year course, students will have established a robust understanding of the core concepts and practical applications of Sowa Rigpa. This preparation will enable them to continue their studies or to integrate the knowledge into their personal practice.



## **SOWA RIGPA & EXTERNAL THERAPIES ADVANCED COURSE**

### **SOWA RIGPA PRACTITIONER – SRP DIPLOMA 4-YEAR PROGRAM**

#### **Program Overview**

The Sowa Rigpa Practitioner Course is a comprehensive four-year program, thoughtfully curated to blend rigorous theoretical study with immersive practical intensives. The curriculum follows the chapters of Gyushi, the Four Tantra to provide students with both a deep understanding of Sowa Rigpa principles and the hands-on experience necessary for expertise in external therapies.

#### **Curriculum Structure**

After completing the 1-year Foundation Course, students can apply to the 4-year International Diploma program. The program features a substantial number of hours of recorded lessons, allowing for self-paced learning and thorough exploration of each topic. This theoretical instruction is complemented by intensive home study sessions and live review classes after each module to reinforce learning.

#### **Course Completion Requirements**

Successful completion of the program is contingent upon passing a final examination and the presentation and acceptance of a thesis. These requirements ensure that graduates have fully assimilated both the academic and practical aspects of the course.

#### **Practical Learning Opportunities**

In addition to online classes and external therapies training, the program incorporates experiential learning through study herbal tours, medical camps and internships. These activities are designed to deepen students' practical knowledge and provide real-world experience in the application of Sowa Rigpa and external therapies.



## YEAR 1 – FOUNDATION COURSE

### THEORETICAL MODULES

Course Code	Module	Duration (hr)	Mode of Study	Teacher
SRF 1.1	<b>Introduction to Sowa Rigpa &amp; Elements</b> <ul style="list-style-type: none"> <li>➤ Introduction to Sowa Rigpa</li> <li>➤ Tibetan terminology</li> <li>➤ Tantric system</li> <li>➤ Overview of the Three Root</li> <li>➤ Five elements and tendrel</li> <li>➤ Three nyepas</li> </ul>	15	Online via recordings	Jacqueline Yu
SRF 1.2	<b>Root Tantra</b> <ul style="list-style-type: none"> <li>➤ Basic principles of health and disease</li> <li>➤ Principles of diagnosis including basic pulse reading, tongue and urine analysis and symptoms of disease</li> <li>➤ Basic treatment with food and lifestyle</li> <li>➤ Principles of herbal remedies</li> <li>➤ Overview of external therapies for <i>Loong, Tripa</i> and <i>Baeken</i></li> </ul>	15	Online via recordings	Jacqueline Yu
SRF 1.3	<b>Principles of Lifestyle</b> <ul style="list-style-type: none"> <li>➤ Routine lifestyle</li> <li>➤ Seasonal lifestyle</li> <li>➤ Incidental behaviour</li> </ul>	10	Online via recordings	Jacqueline Yu
SRF 1.4	<b>Principles of Diet</b> <ul style="list-style-type: none"> <li>➤ Dietetics</li> <li>➤ Dietary Hazard Prevention</li> <li>➤ Food Intake</li> </ul>	10	Online via recordings	Jacqueline Yu
SRF 1.5	<b>Introduction to External Therapies &amp; Loongdug Smoke Therapy</b> <ul style="list-style-type: none"> <li>➤ Overview of external therapies</li> <li>➤ Astrological indications</li> <li>➤ Fumigation and aroma materials and application</li> </ul>	2	Online Live	Jacqueline Yu
SRF 1.6	<b>Horme Mongolian Moxa</b> <ul style="list-style-type: none"> <li>➤ Preparation and production</li> <li>➤ Application and techniques with Horme</li> </ul>	2	Online Live	Jacqueline Yu



SRF 1.7	<b>Nejang Tibetan Healing Yoga</b> <ul style="list-style-type: none"> <li>➤ Nine Purification Breathing</li> <li>➤ Bumpachen</li> <li>➤ 24 Movements</li> </ul>	6	Online Live	Jacqueline Yu
SRF 1.8	<b>La Massage for Self-healing</b> <ul style="list-style-type: none"> <li>➤ Astrological path of la</li> <li>➤ La massage</li> </ul>	4	Online Live	Jacqueline Yu
SRF 1.9	<b>Medicine Buddha Self-healing Practice</b>	4	Online Live	Jacqueline Yu
SRF 1.10	<b>Conclusion &amp; Tanadug Garden Healing Meditation</b>	2	Online Live	Jacqueline Yu
<b>Total theoretical hours 1st Year</b>		<b>70</b>		

### PRACTICAL MODULES

Course Code	Module	Duration (hr)	Mode of study	Teacher
SRET 1.1	<b>Basic Ku Nye Massage</b> <ul style="list-style-type: none"> <li>➤ Introduction to Ku Nye Massage</li> <li>➤ General preparation of therapist and patient</li> <li>➤ Preparation, uses and applications of specialized oils</li> <li>➤ Facilitated joint movements</li> <li>➤ Application of heat or cold</li> <li>➤ Massage techniques</li> <li>➤ Treatment of muscles of trunk, arms and legs, treatment of head</li> <li>➤ Methods of oil removal</li> <li>➤ Resting positions</li> </ul>	24	In-person only	Jacqueline Yu
SRET 1.2	<b>Mebum Cupping</b> <ul style="list-style-type: none"> <li>➤ Introduction to cupping</li> <li>➤ Cup types and horns</li> <li>➤ Dry and wet cupping</li> <li>➤ Treatment according to specific indications</li> </ul>	6	In-person only	Jacqueline Yu
<b>Total practical hours</b>		<b>30</b>		

The 4-year academic track requires students to complete both SRET 1.1 (Basic Ku Nye Massage) and SRET 1.2 (Mebum Cupping). For non-professional students, these two modules are optional. Upon successful completion of the Year 1 Foundation, students are eligible to join the 4-year academic program and advance to Year 2.

## YEAR 2 – SOWA RIGPA PRACTITIONER COURSE

### THEORETICAL MODULES

Course code	Module	Duration (hr)	Mode of Study	Teacher
SRP 2.1	<b>Body Formation</b> <ul style="list-style-type: none"> <li>➤ Embryology according to medical and energy systems</li> <li>➤ Anatomy of the body including tissues and energy structures</li> <li>➤ Physiology and typology</li> <li>➤ Physical and energetic death processes</li> </ul>	22	Online via recordings	Jacqueline Yu
SRP 2.2	<b>Base of Pathology</b> <ul style="list-style-type: none"> <li>➤ Causes and conditions of disorders</li> <li>➤ Pathological mechanism</li> <li>➤ Symptomatic characteristics</li> <li>➤ Different pathological classification systems in Tibetan Medicine</li> </ul>	10	Online via recordings	Jacqueline Yu
SRP 2.3	<b>Basic Diagnostics</b> <ul style="list-style-type: none"> <li>➤ Principles of diagnosis</li> <li>➤ Triage</li> <li>➤ Inspection of the body and related aspects</li> <li>➤ Inspection of sense organs</li> </ul>	9	Online via recordings	Dr. Tendhar Guge
SRP 2.4	<b>Base of Urine Analysis</b> <ul style="list-style-type: none"> <li>➤ Preliminaries</li> <li>➤ Urine characteristics</li> <li>➤ Urine analysis</li> <li>➤ Types of urine</li> </ul>	9	Online via recordings	Dr. Tendhar Guge
SRP 2.5	<b>Base of Pulse Reading</b> <ul style="list-style-type: none"> <li>➤ Preliminaries</li> <li>➤ Pulse characteristics</li> <li>➤ Pulse reading</li> <li>➤ Types of pulse</li> </ul>	12	Online via recordings	Dr. Tendhar Guge



SRP 2.6	<b>Base of Treatment</b> <ul style="list-style-type: none"> <li>➤ Principles of treatment</li> <li>➤ Treatment in particular cases</li> <li>➤ Treatment methods</li> <li>➤ Treating the nyepas</li> </ul>	12	Online via recordings	Jacqueline Yu & Dr. Nida Chenagtsang
SRP 2.7	<b>Materia Medica</b> <ul style="list-style-type: none"> <li>➤ Taste and post-digestive taste</li> <li>➤ The efficacy of medicinal substances</li> <li>➤ The group and method of compounding medicine</li> </ul>	10	Online via recordings	Dr. Tenzing Jinpa Bhutia
SRP 2.8	<b>Pharmacology</b> <ul style="list-style-type: none"> <li>➤ Pharmaceutical aspects</li> <li>➤ Principles of application</li> <li>➤ Pacifying and Purgative medication</li> <li>➤ Formulation</li> </ul>	21	Online via recordings	Dr. Tenzing Jinpa Bhutia
SRP 2.9	<b>Chulen Rejuvenation</b> Introduces medicinal substances prepared and taken over a longer period of time as well as diet and lifestyle recommendations for maintaining good health and prolong one's life	6	In-person online	Dr. Nida Chenagtsang
SRP 2.10	<b>Physician</b> This module presents qualities and characteristics expected in a physician for Sowa Rigpa. They include moral ethics as well as recommendations regarding cognitive improvements and spiritual views and as such give insight into Tibetan culture and philosophy, but, if chosen to, can be applied beyond the doctor's profession in today's time.	6	In-person or online	Dr. Nida Chenagtsang
<b>Total theoretical hours 2nd Year</b>		<b>117</b>		



## PRACTICAL MODULES

Course code	Module	Duration (hr)	Mode of Study	Teacher
SRET 2.1	<b>Channels &amp; Points</b> <ul style="list-style-type: none"> <li>➤ Overview of the point and channel system in Sowa Rigpa</li> <li>➤ Ku Nye massage techniques applied on basic moxa points</li> <li>➤ Treatment of the six external channels</li> <li>➤ Treatment of the thirteen internal channels</li> </ul>	12	In-person only	Jacqueline Yu
SRET 2.2	<b>Advanced Ku Nye Massage</b> <ul style="list-style-type: none"> <li>➤ Massage techniques with shells on muscles and channels</li> <li>➤ Massage techniques with stones on muscles and channels</li> <li>➤ Systematics and application of advanced Ku Nye Massage</li> </ul>	18	In-person only	Jacqueline Yu
SRET 2.3	<b>Metsa Tibetan Moxibustion</b> <ul style="list-style-type: none"> <li>➤ Introduction to moxibustion and its point system</li> <li>➤ Moxa incenses, cigars and cones</li> <li>➤ Moxa application and techniques of back, arms and legs</li> <li>➤ Moxa application and techniques of frontal trunk and face</li> <li>➤ Application and techniques with Horne</li> </ul>	18	In-person only	Jacqueline Yu
	<b>Total practical hours</b>	<b>48</b>		



## YEAR 3 – SOWA RIGPA PRACTITIONER COURSE

### THEORETICAL MODULES

Course code	Module	Duration (hr)	Mode of Study	Teacher
SRP 3.1	<b>Disorders of the Three Nyepa</b> <ul style="list-style-type: none"> <li>➤ General causes and conditions</li> <li>➤ Specific causes and conditions of <i>Loong</i> disorders</li> <li>➤ Signs and symptoms of <i>Loong</i> disorders</li> <li>➤ Treatment of <i>Loong</i> disorders</li> <li>➤ Specific causes and conditions of <i>Tripa</i> disorders</li> <li>➤ Signs and symptoms of <i>Tripa</i> disorders</li> <li>➤ Treatment of <i>Tripa</i> disorders</li> <li>➤ Specific causes and conditions of <i>Baeken</i> disorders</li> <li>➤ Signs and symptoms of <i>Baeken</i> disorders</li> <li>➤ Treatment of <i>Baeken</i> disorders</li> <li>➤ Specific causes and conditions of mixed <i>Baeken</i> disorders</li> <li>➤ Signs and symptoms of mixed <i>Baeken</i> disorders</li> <li>➤ Treatment of mixed <i>Baeken</i> disorders</li> </ul>	30	Online via recordings	Jacqueline Yu
SRP 3.2	<b>Cold-Natured Disorder</b> <ul style="list-style-type: none"> <li>➤ Etiology, diagnostics and treatment of:               <ul style="list-style-type: none"> <li>○ Indigestion</li> <li>○ Tumors</li> <li>○ Localized water retention</li> <li>○ Developed water retention</li> <li>○ Generalized water retention</li> <li>○ Weight loss</li> </ul> </li> </ul>	30	Online via recordings	Dr. Tenzin Thaye



SRP 3.3	<b>Hot-Natured Disorder</b> <ul style="list-style-type: none"><li>➤ Etiology, diagnostics and treatment of general <i>Tshawa</i></li><li>➤ Specific causes and conditions of specific <i>Tshawa</i> disorders</li><li>➤ Signs and symptoms of specific <i>Tshawa</i> disorders</li><li>➤ Treatment of specific <i>Tshawa</i> disorders</li><li>➤ Etiology, diagnostics and treatment of related hot natured disorders</li></ul>	30	Online via recordings	Dr. Nida Chenagtsang
SRP 3.4	<b>Disorders of Sense Organs</b> <ul style="list-style-type: none"><li>➤ Etiology, diagnostics and treatment of head disorders</li><li>➤ Etiology, diagnostics and treatment of the five sense organs' disorders</li><li>➤ Etiology, diagnostics and treatment of thyroid disorders</li></ul>	9	Online via recordings	Dr. Tenzin Thaye
SRP 3.5	<b>Disorders of Solid &amp; Hollow Organs</b> <ul style="list-style-type: none"><li>➤ Etiology, diagnostics and treatment of cardiac, pulmonary, hepatic, splenic and nephrological disorders</li><li>➤ Etiology, diagnostics and treatment of gastrointestinal disorders</li><li>➤ Etiology, diagnostics and treatment of urogenital disorders</li></ul>	21	Online via recordings	Dr. Tenzin Thaye
	<b>Total theoretical hours</b>	<b>120</b>		



## PRACTICAL MODULES

SRET 3.6	<b>Lum Bath Therapy</b> <ul style="list-style-type: none"><li>➤ Introduction to soaking therapy</li><li>➤ Compress therapy with stones, salt, herbs, gemstones etc.</li><li>➤ Water therapies including bath therapy with different types of water, herbs etc</li><li>➤ Treatment with steaming and sweating</li></ul>	12	In-person only	Jacqueline Yu
SRET 3.7	<b>Yukcho Stick Therapy</b> <ul style="list-style-type: none"><li>➤ Introduction to stick therapy</li><li>➤ Stick types</li><li>➤ Treatment of trunk, arms and legs</li></ul>	12	In-person only	Jacqueline Yu
SRET 3.8	<b>Golden Needle Therapy</b>	2	Online via recordings	Dr. Tenzin Thaye
SRET 3.9	<b>Diagnosis Practice</b> Patient presentations for individual assessment of diagnostic skills (body inspection, urine analysis, pulse reading)	6	Online or In-person	Jacqueline Yu
SRET 3.10	<b>Treatment Practice</b> Patient presentations for individual assessment of treatment suggestions (diet, lifestyle, medication) based on diagnostic identification of specific pathologies	6	Online or In-person	Jacqueline Yu
	<b>Total practical hours</b>	<b>38</b>		



## YEAR 4 – SOWA RIGPA PRACTITIONER COURSE

### THEORETICAL MODULES

Course code	Module	Duration (hr)	Mode of Study	Teacher
SRP 4.1	<p><b>Miscellaneous Disorders</b></p> <ul style="list-style-type: none"><li>➤ Etiology, diagnostics and treatment of:<ul style="list-style-type: none"><li>○ Voice disorders</li><li>○ Loss of appetite</li><li>○ Thirst</li><li>○ Hiccough</li><li>○ Breathing disorders</li><li>○ Acute abdominal pain</li><li>○ Srin disorders</li><li>○ Vomiting</li><li>○ Diarrhea</li><li>○ Constipation</li><li>○ Urination block</li><li>○ Polyuria</li><li>○ Hot natured diarrhea</li><li>○ Gout</li><li>○ Rheumatic disorders</li><li>○ Chuser disorders</li><li>○ Neurological disorders</li><li>○ Skin disorders</li><li>○ Minor disorders</li></ul></li></ul>	30	Online via recordings	Dr. Nyima Tsering







## PRACTICAL MODULES

Course code	Module	Duration (hr)	Mode of Study	Teacher
SRET 4.1	<b>Venesection</b> <ul style="list-style-type: none"> <li>➤ Introduction to blood-letting and its point system</li> <li>➤ Blood-letting techniques</li> <li>➤ Blood-letting of arms and legs</li> </ul>	12	Online via recordings	Dr. Tendhar Guge
SRET 4.2	<b>Purgative Therapies / Ley Nga</b> <ul style="list-style-type: none"> <li>➤ Overview of purgative gastrointestinal therapies</li> <li>➤ Enemas</li> <li>➤ Colon cleansing</li> </ul>	12	Online via recordings	Dr. Tenjing Jinpa Bhutia
SRET 4.3	<b>Clinical Diagnosis</b> Patient presentations for individual assessment of diagnostic skills (body inspection, urine analysis, pulse reading)	12	In person only	Jacqueline Yu
SRET 4.4	<b>Clinical Treatment</b> Patient presentations for individual assessment of treatment suggestions (diet, lifestyle, medication) based on diagnostic identification of specific pathologies	12	In person only	Jacqueline Yu
SRET 4.5	<b>Conclusion</b> <ul style="list-style-type: none"> <li>➤ Repetition of the complete educational content</li> <li>➤ Exam preparation</li> </ul>	6	In person or online	Jacqueline Yu
	<b>Total practical hours</b>	<b>54</b>		

## OPTIONAL MODULES:

Course code	Modules	Duration (hr)	Mode of Study
YN 01	<p><b>Path to Rainbow Body</b> This module introduces the Yuthok Nyingthig as part of a spiritual system composed with the intention of leading practitioners to experience the union of medicine and spiritual practice. The educational presentation is aimed at students interested in the Vajrayana as well as any spiritual practitioners by presenting the Yuthok Nyingthig teachings through basic Buddhist science and systematic philosophy.</p> <ul style="list-style-type: none"> <li>➤ Structure and contents of the Yuthok Nyingthig toot text</li> <li>➤ General explanations on Vajrayana practices of ngondro, kyerim, dzogrim, karmamudra, mahamudra, and Dzogchen</li> <li>➤ General explanations on Vajrayana schools, transmission, samaya and more</li> </ul>	12	In-person or online
YN 02	<p><b>Subtle Anatomy</b> Anatomy of and processes within channels and chakras (rtsa 'khor) of the subtle vajra body Classification and characteristics of elemental energies (loong) and vibrations of the subtle vajra speech Explanations about the mind's essence (thigle) and different consciousnesses and aspects such as bliss and clarity Union of the Three Vajras and their equivalents in different dimensions</p>	30	In-person or online
SRP 5.1	<b>Tibetan Herbal Formulas</b>	12	In-person or online
SRP 5.2	<b>Creating Practical Herbal Medicines</b>	12	In-person or online
SRP 5.3	<p><b>General &amp; Limb Injuries</b></p> <ul style="list-style-type: none"> <li>➤ Etiology, diagnostics and treatment of:</li> <li>➤ General injuries</li> <li>➤ Limbs' injuries</li> </ul>	30	In-person or online





## COURSE FEE

S\$2000 per year without membership or \$200 per month over 10 months (excluding in-person practicals)

Course	Theoretical component Non-member	In-person practical component Non-member	Total per year
SRF 1	S\$2000	S\$750	S\$2750
SRP 2	S\$2000	S\$1200	S\$3200
SRP 3	S\$2000	S\$950	S\$2950
SRP 4	S\$2000	S\$750	S\$2750
<b>TOTAL</b>	<b>S\$8000</b>	<b>S\$3650</b>	<b>S\$11,650</b>

S\$1800 per year without membership or \$180 per month over 10 months (excluding in-person practicals)

Course	Theoretical component Member 10% discount	In-person practical component Member enrolled in SRF/SRP 20% discount	Total per year
SRF 1	S\$1800	S\$600	S\$2400
SRP 2	S\$1800	S\$960	S\$2760
SRP 3	S\$1800	S\$760	S\$2560
SRP 4	S\$1800	S\$600	S\$2400
<b>TOTAL</b>	<b>S\$7200</b>	<b>S\$2920</b>	<b>S\$10,120</b>

\*Enrollment in Sorig Khang Singapore academic courses requires valid SKSG membership (Membership fee S\$30 per year) which entitles students to 10% on all our courses and 20% discount on in-person practical training once they are enrolled in our Sowa Rigpa Foundation or Sowa Rigpa Practitioner Course

\* LAUNCH SPECIAL! Enroll at S\$1500 for our 2026 Foundation Course (SRF 1). Save S\$500 with our special promo code for members only. (Not applicable for instalment plan)

\*As our Sowa Rigpa programs evolve, our commitment to our current students remains our top priority. Please rest assured that these structural changes will not affect your current studies. We honor the commitment you made when you joined, and we are here to support you all the way to your certification. If you've already invested in our modular TibMET/TTM classes, you are eligible for a special credit. Reach out now to claim your personalized tuition reduction. Email:

[singapore@sorig.net](mailto:singapore@sorig.net)