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(also Indo-  
Tibetan Buddhism  
and Sino-Indian  
Buddhism) is the  
form of Buddhism

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practiced in Tibet, where it is the dominant religion. It also has adherents in the regions surrounding the Himalayas (such as Bhutan, Ladakh, and Sikkim), in much of Central Asia, in the Southern Siberian regions

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such as Tuva, and in Mongolia..

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Wylie: bod kyi  
gso ba rig pa),  
also known as  
Sowa-Rigpa  
medicine, is a  
centuries-old  
traditional  
medical system  
that employs a  
complex approach  
to diagnosis,  
incorporating  
techniques such  
as pulse

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urinalysis, and  
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alternative  
option that may  
bring about  
lasting results.

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uses a variety  
of massage and  
exercises to  
target your  
face, neck, and  
shoulders.

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