

## Pema's Healing and Wellness Services



**About Pema:** Pema is a highly skilled Tibetan medicine practitioner with deep cultural roots and a passion for traditional healing arts. He received his formal training at the prestigious Men-Tsee-Khang (Tibetan Medical & Astro Institute), an institution dedicated to preserving the ancient wisdom of Tibetan medicine. With over 15 years of study and clinical experience, Pema has honed his expertise, both as a practitioner and a teacher, committed to delivering individualized care through the core principles of balance, harmony, and holistic well-being.

Pema is also a certified Remedial Massage therapist and a recognized member of the Australian Traditional Medicine Society (ATMS). His dual qualifications in Tibetan medicine and modern remedial techniques create a unique, integrative approach to healing. Combining centuries-old Tibetan knowledge with the therapeutic effects of remedial massage, Pema works to promote physical, emotional, and spiritual well-being.

Grounded in Buddhist philosophy, Pema brings mindfulness, compassion, and presence into every treatment, aiming to help clients achieve inner and outer harmony. His work not only honors ancient healing traditions but also incorporates contemporary therapeutic methods for the benefit of all.

### **Contact**

Schedule your appointment today.

**Email:** [healththroughbalance35@gmail.com](mailto:healththroughbalance35@gmail.com).

**Phone:** 0470207435

**Location:** Ashfield (NSW)

**Services Offered**  
**Tibetan Medicine Consultations & Constitution Recognition**

- Initial Consultation (30-60 minutes)
- Follow-up Consultation (30-60 minutes)
- Constitution Assessment with Personalized Diet and Lifestyle Advice

**Chakra Healing & Energy Work**

- Chakra Healing with Warm Oil and Mantras (30 minutes)
- Chakra Healing with Massage (60 minutes)

**Massage Therapy(Remedial and relaxation)**

- 30-minute session
- 45-minute session
- 60-minute session
- 90-minute session

*(Health Fund rebates available for massage therapy.)*

**Total Wellbeing Special (90 minutes)** A comprehensive experience that includes:

- Massage Therapy
- Chakra Healing
- Traditional Copper Cupping
- Tibetan Singing Bowl Sound Healing
- Guided Meditation with Pema

**Tibetan Medicine Insight Sessions with Pema**

- 30-60 minute sessions, offering a deep dive into the principles of Tibetan medicine, greater understanding of their mind-body connection.

**Availability**

- Weekday mornings: 9:00 AM – 11:30 AM
- Full days available: Monday & Saturday

**\*\*\*Health Flourishes When Balance Is Restored\*\*\***