



## Program Overview

Our Lu Jong Teacher Training Program will prepare you to teach Lu Jong Tibetan yoga as a certified instructor.

Our course curriculum is offered under the auspices of the Nangten Menlang International Buddhist Medical Organization, founded and directed by Tulku Lobsang. The organization, a “School of Inner Medicine”, offers many teachings in Tibetan Buddhism and Tantrayana healing wisdom with the ultimate goal being the preservation and spread of traditional Tibetan healing arts.

All methods aim to connect each of us with our inner self and inner medicine.

## What is Lu Jong & Why Become a Lu Jong Teacher?

In Tibetan, *Lu* means body and *Jong* means transformation. By combining slow, meditative movements with rhythmic breathing, we massage blocked points open to re-establish the vital flow of blood, oxygen and energy throughout the body.

Physically, Lu Jong functions on principles of Tibetan Medicine and balances all body systems. It nurtures the spine, aligns the musculoskeletal system, improves joint mobility and boosts organ function.

Mentally, Lu Jong cultivates a calm, focused mind, transforming volatile negative emotions into peace and equanimity. In fact, Lu Jong is part of a deep spiritual tradition that uses the body as the vehicle for self-transformation.

The beauty of Lu Jong is its accessibility and effectiveness for bringing all levels of students into balance and ultimately empowering them to achieve greater health and happiness by learning to tap into their innate wisdom.

## Becoming a Certified Lu Jong Teacher in the Lineage of Tulku Lobsang

### EDUCATION

The Education is a 14-day intensive taught by certified Educator Joelle Kelly. The sessions can be scheduled in a variety of ways (once a month, once a week, two sessions of 6 days, etc.) to accommodate a range of schedules.

The curriculum encompasses all 23 movements of Lu Jong Level 1 as well as the rich context of the practice, including its historical roots and background in Tibetan Medicine and Tantrayana Buddhism.

### CERTIFICATION

The Certification includes both a written and practical exam. Upon successful completion of both, you will receive your certificate to teach in the lineage of Tulku Lobsang at a Final Master Class including all the year’s teachers.

The Lu Jong Final Master Class is when you will receive the direct transmission from Tulku Lobsang. He will share further insights into Lu Jong, how it fits into a deeper path of true health and well-being, and your role as a teacher.

## RENEWAL

After two years, you will need to renew your certificate by attending a Master Class. After this first time, renewal take place every four years.

This ensures that all the teachers are current and connected.

## Requirements

There are no prior requirements to participate in this program.

People of all backgrounds, ages (minimum of 18), experience levels, and body types are welcome. No experience with yoga or Buddhism is necessary.

To be a teacher of a movement practice implies that you feel comfortable speaking in front of others (or are willing to develop that skill as needed), are articulate, do not mind demonstrating simple movements, enjoy interacting with others, and value personal development and ongoing learning.

All we ask is that you have a commitment to your own development, to your own health and happiness, and that you would want the same for others.

## Enrollment

Are you ready to empower your students with a method they can use to experience better health and greater vitality? Are you called upon to share a practice that not only heals the body but is also soothing to the mind?

There is increasing interest in Lu Jong and very few teachers in North America to help share it. This certification is an investment in yourself and your students. I am sure you will find it to be worth the commitment.

**QUESTIONS ABOUT THE PROGRAM FOR THIS SEASON? [Contact Us!](#)**

## About Joelle Kelly

For many years a direct student of Tulku Lobsang, Joelle Kelly chose to deepen her study of Lu Jong by becoming one of the first certified teachers in North America.



She has since been selected by the Master as a North American Teacher Educator to help grow the Western hemisphere's core group of certified Lu Jong teachers.

Kelly is the only Certified Teacher of Lu Jong in the tri-state area and the only Certified Lu Jong Teacher Educator in the Eastern U.S.

To learn more about Joelle Kelly click [HERE](#)



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