



Lu Jong~New York

Ancient Wisdom for Modern Bodies

East End Group Tog Chöd Classes (80 Min)

*Registration required – limited spaces per class



Saturday, July 21st ~ 1:30 – 2:50 pm

Saturday, July 21st ~ 3:00 – 4:20 pm

Saturday, July 28th ~ 1:30 – 2:50 pm

Saturday, July 28th ~ 3:00 – 4:20 pm

Saturday, August 4th ~ 1:30 – 2:50 pm

Saturday, August 4th ~ 3:00 – 4:20 pm

CLASS FEES

Single Class \$60

Two Classes \$90

Three Classes \$120

Drop-In (subject to availability) \$65 ****Please phone first**

PAYMENT Credit/Debit card or Cash

Wood practice swords will be provided for class.

Dress for movement and wear sneakers or athletic shoes.

TO REGISTER or INFO: Joelle@lujongnewyork.com OR CALL 917-796-2251