



Tog Chöd, rooted in Asian martial arts, is a Tibetan style sword regimen. This powerful practice taps into and harnesses your inner power.

Deriving from the principles of Buddhism and Tibetan medicine, Tog Chöd is not only a physical practice. The discipline will foster learning how to avoid distraction by focusing yourself in the present moment.

Described as being an energizing and fun practice, at its core, Tog Chöd is about discipline as well as physical and mental training:

- You will learn new methods to confidently manage your response to stress
- You will learn a dynamic, energetic, healthy way to blow off steam
- You will increase your self-confidence, dexterity, and courage
- You will hone your ability to make quick, clear decisions
- You will have FUN ... and have something totally cool to talk about at the water cooler!

And we do this, with the sword as our fulcrum, using three simple tools:

- Breath work
- The Methodology of Focus
- Choreographed Movement

