

# LU JONG: TIBETAN YOGA

With Joelle Kelly, certified teacher & educator



Lu Jong is an ancient Tibetan movement practice for the purpose of self-healing. Simple stretches and poses are combined with the breath to dissolve stress, boost physical health and increase strength and flexibility.

*Bring a yoga mat and wear comfortable clothing for class.*

**YEAR ROUND @ SPRINGS CHURCH COMMUNITY HALL**

5 Old Stone Hwy – EH/Springs

Tuesdays: 9:00 am – 10:00 am

**SEPTEMBER @ The OLD STONE MARKET**

472 Old Stone Hwy – EH/Springs

Fridays: 9:00 am – 10:00 am

*\*Class held outside weather permitting*

**Drop In: Sliding Scale \$10/\$15/\$20**

**4 Class Card: Sliding Scale \$40/\$55/\$70**

**\*\* Class Cards Good at BOTH locations**

**Please arrive 5 minutes ahead of your first class**

**917-796-2251 OR [Joelle@LuJongNewYork.com](mailto:Joelle@LuJongNewYork.com)**

**<< First Time? Call for further information or to confirm class schedule >>**