

*Lu Jong ~ Tibetan Healing Yoga
&
NEW! Tog Chod ~ Tibetan Wisdom Sword*



Lu Jong is an ancient Tibetan movement practice where poses are combined with breathing to dissolve stress and boost physical health and flexibility.

Tog Chod is a meditative dance with a wood sword to hone concentration and release blocks in the joints and chakras.

SPRINGS CHURCH COMMUNITY HALL

If this is your first time, please call to register and confirm class schedule

LU JONG >> Thursday Mornings: 9:00 am – 10:00 am

JANUARY Dates: 1/10, 1/17, 1/24, 1/31

Bring a yoga mat and wear comfortable clothing for class

Monthly Fee: \$120 ~ Drop In: \$35

TOG CHOD Foundations >> Thursday Mornings: 10:15 am – 11:00 am

***JANUARY Dates: 1/17 & 1/31*

Wear athletic shoes and comfortable clothing for class

Monthly Fee: \$75

QUESTIONS? 917-796-2251

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