

## Lu Jong Tibetan Healing Yoga & Tog Chod Tibetan Wisdom Sword



*Lu Jong is an ancient Tibetan movement and breath practice to dissolve stress and boost physical health and flexibility.*

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

### **SPRINGS CHURCH COMMUNITY HALL**

**5 Old Stone Hwy, East Hampton, NY 11937**

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

April **LU JONG** Tuesday & Thursday Mornings: 9:00 am – 10:00 am

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

TUESDAY Dates: 4/2, 4/9 & 4/30 ~ Monthly Fee: \$90

THURSDAY Dates: 4/4, 4/11, 4/18 & 4/25 ~ APR Monthly Fee: \$120

Single/Drop In: \$35

April **TOG CHOD I** Tuesday & Thursday Mornings

**RSVP REQUIRED!** *Wear athletic shoes and comfortable clothing for class*

TUESDAY Date: 4/30 \* Only 1 session \* 10:10 am – 11:00 am

Special Rate: \$30

THURSDAY Dates: 4/11 & 4/25 \* 2 Sessions each date \*

10:10 am – 11:00 am **OR** 11:10 am – 12:00 Noon

Single/Drop In: \$35

2 Classes \$65

3+ Classes/Ongoing Students \$30/class

**QUESTIONS?** 917-796-2251 • [Joelle@lujongnewyork.com](mailto:Joelle@lujongnewyork.com)