

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

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

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

FEBRUARY Dates: 2/7, 2/14, 2/21 & 2/28

MARCH Dates: 3/7, 3/21 & 3/28

Bring a yoga mat and wear comfortable clothing for class

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

MAR Monthly Fee: \$90 ~ Drop In: \$35

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

FEBRUARY Dates: 2/14 & 2/28

MARCH Dates: 3/7 & 3/28

Wear athletic shoes and comfortable clothing for class

Drop In: \$35

2 Classes \$65

3+ Classes \$30/each

QUESTIONS? 917-796-2251 • Joelle@lujongnewyork.com