

*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 <<

5 Old Stone Hwy, East Hampton, NY 11937

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

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

APRIL Dates: 4/4, 4/11, 4/18 & 4/25

Bring a yoga mat and wear comfortable clothing for class

MAR Monthly Fee: \$90 ~ Drop In: \$35 ~ APR Monthly Fee: \$120 ~ Drop In: \$35

TOG CHOD Foundations >> Thursday Mornings - TWO sessions available

Session #1 10:10 am – 11:00 am OR Session #2 11:10 am - 12 Noon

MARCH Dates: 3/7 & 3/28

APRIL Dates: 4/11 & 4/25

RSVP REQUIRED! 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