

## 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.*

**LOCATION: 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*

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

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

**TUESDAY Dates: 5/7, 5/14 & 5/21**

**THURSDAY Dates: 5/2, 5/9, 5/19 & 5/23**

**\$30/Class**

**May TOG CHOD Thursday Mornings 10:00 am – 11:00 am**

*RSVP REQUIRED! Limited spots per class*

*Wear athletic shoes and comfortable clothing for class*

**THURSDAY Dates: 5/2, 5/16 & 5/23**

**Single/Drop In: \$35**

**2 Classes \$65**

**3+ Classes/Ongoing Students \$30/class**

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