

## 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*

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

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

**TUESDAY** Dates: 5/21, 6/11 & 6/25

**THURSDAY** Dates: 5/23, 6/13 & 6/27

**\$30/Class**

**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: 5/23, 6/13 & 6/27

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

**2 Classes \$65**

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

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