



Lu Jong~New York

Ancient Wisdom for Modern Bodies

East End Group Tog Chöd Classes (80 Min)

*Registration required – limited spaces per class



Saturday, July 21st ~ 1:30 – 2:50 pm

Saturday, July 21st ~ 3:00 – 4:20 pm

Saturday, July 28th ~ 1:30 – 2:50 pm

Saturday, July 28th ~ 3:00 – 4:20 pm

Saturday, August 4th ~ 1:30 – 2:50 pm

Saturday, August 4th ~ 3:00 – 4:20 pm

CLASS FEES

Single Class \$60

Two Classes \$90

Three Classes \$120

Drop-In (subject to availability) \$65 ****Please phone first**

PAYMENT Credit/Debit card or Cash

Wood practice swords will be provided for class.

Dress for movement and wear sneakers or athletic shoes.

TO REGISTER or INFO: Joelle@lujongnewyork.com OR CALL 917-796-2251



Tog Chöd, rooted in Asian martial arts, is a Tibetan style sword regimen. This powerful practice taps into and harnesses your inner power.

Deriving from the principles of Buddhism and Tibetan medicine, Tog Chöd is not only a physical practice. The discipline will foster learning how to avoid distraction by focusing yourself in the present moment.

Described as being an energizing and fun practice, at its core, Tog Chöd is about discipline as well as physical and mental training:

- You will learn new methods to confidently manage your response to stress
- You will learn a dynamic, energetic, healthy way to blow off steam
- You will increase your self-confidence, dexterity, and courage
- You will hone your ability to make quick, clear decisions
- You will have FUN ... and have something totally cool to talk about at the water cooler!

And we do this, with the sword as our fulcrum, using three simple tools:

- Breath work
- The Methodology of Focus
- Choreographed Movement

