



CHAKRAS, CHANNELS & WINDS

Tibetan Movement & The Subtle Body

A Solstice Workshop – June 2019

A rare opportunity to study Lu Jong, Tog Chod and Tibetan breath practices in New York City.

In Tantrayana Buddhism we use our body to transform our mind. This workshop will give you some easy and fun tools to improve your health, boost your energy, and balance your emotions. Also increase your confidence, awareness, compassion and wisdom.

Each full day session is limited in size to create an intimate learning environment. Working closely with long time Tibetan movement teacher Joelle Kelly of Lu Jong New York, you will be fully supported and guided as you learn the techniques to confidently continue on your own at home.

For a more detailed explanation about Tibetan movement practices go to my blog [here](#).

In the workshop you will learn:

Lu Jong Tibetan Yoga ~ A gentle style of moving meditation to release energy blocks in the body and mind based on the principles of Tibetan Medicine.

Tog Chod Wisdom Sword ~ A powerful dance with a sword to cut through mind chatter, battle your ego dramas and to stand in your power.

Tibetan Breath Work ~ Learn proper breath techniques to support the opening of the subtle body channels. When our vital energy moves freely we release tension in the mind.

There are limited dates and only 18 spaces available.

All level students are welcome. No prior experience is necessary to participate.

If your preferred date is Sold Out [contact us](#) to be put on the Wait List.

1-2-1 workshop training is available by arrangement. [Contact us](#) for specifics.

Select sessions are offered as Two-Day workshops for students who want to delve more deeply into the lineages and hone skills for practice at home.



1 DAY WORKSHOP DATES – \$195

Hours 9:30 am to 4:00 pm

Monday June 17th

Tuesday June 18th

Thursday June 20th

Friday June 21st

>> Deposit \$75 – Balance Due by June 10th <<

2 DAY WORKSHOP DATES – \$350

Hours 9:30 am to 4:00 pm each day

Tuesday & Wednesday June 18th & 19th

Friday & Saturday June 21st & 22nd

>> Deposit \$150 – Balance Due by June 10th <<

Practice swords are supplied for class and can be purchased for \$25

Due to the uniqueness and limited availability of this workshop, deposits/payments are non-refundable unless cancelled by Lu Jong New York. But yes, they ARE transferrable to another student. A refund exception will be made if a Wait Listed person takes your place in class.

The **Chakras, Channels & Winds** workshop takes place at [The Clemente](#) at 107 Suffolk Street, (Between Rivington & Delancey Streets) on the Lower East Side.

Course invoices, payable online via PayPal, Credit/Debit card or E-check, will be sent shortly after your workshop registration is received. No payment is due with this form.

[REGISTER HERE](#)

QUESTIONS? 917-796-2251 or joelle@lujongnewyork.com