



Lu Jong~New York

NANGPA ~ BESPOKE BLENDS INSPIRED BY TIBETAN BUDDHIST YOGA

Lu Jong ~ New York unveils THREE exclusive formulas to support the yogas of body and mind and to support a balanced state of meditation.

Each is a proprietary combination of therapeutic grade essential oils to activate the inner alchemy of subtle energies, to support summary healing and recalibration, and is associated with a particular style of Tibetan movement and meditation.



A JOURNEY OF TRANSFORMATION TO ENLIGHTENMENT

The word 'yoga' is used to signify any form of connection. A conscious connection to something allows us to feel and experience that thing, person, or experience.

The original purpose of yoga is as a spiritual development practice to train for higher studies. The ultimate goal of yoga is to cultivate discernment, awareness, self-regulation, and a higher consciousness in the individual.

The word 'Nangpa' is the term used for 'Buddhist' in Tibetan.

Nangpa means 'inside(er)', as in someone who seeks the truth not outside but within the nature of mind. It also has a connotation of 'being in the know' and 'belonging'.

Nangpa is both an explorer and the essence of discovering where you belong.

All the teachings and training in Buddhism are aimed at one single point: the inward journey of discovery and connection - to look into the nature of mind and to realize the truth of life.



NANGPA WISDOM (Lu Jong)

Awaken connections with the body and foster a sense of FEELING within.

The combination of aroma and gentle movement helps to open the subtle channels and release blocks and attachments. Associated with water element and the bliss body.

Notes: Orange – Geranium – Cassia – Angelica

Fractionated Coconut & Clear Jojoba Oils

7.5 ml Rollerball



NANGPA METHOD (Tog Chod)

Designed to work with the mind to instill focus and discipline in your THOUGHTS.

Crisp, uplifting aromas draw attention to the present moment and cut through distractions, blocks and anger. Associated with fire element and a clear mind.

Notes: Lemongrass – Vetiver – Rosemary – Angelica

Fractionated Coconut & Clear Jojoba Oils

7.5 ml Rollerball



NANGPA UNION (Meditation)

When the body and mind are calm we move away from ignorance and enter the stillness of meditation. Associated with space element, energetic balance and the ultimate realization of emptiness.

Notes: Juniper – Cedarwood – Frankincense

Fractionated Coconut & Clear Jojoba Oils

7.5 ml Rollerball



Choose the NANGPA synergy that speaks to you, or try them all!