



LU JONG TIBETAN YOGA CERTIFIED TEACHER TRAINING

AN OVERVIEW

Our Training Program will prepare you to teach Lu Jong Tibetan yoga as a certified instructor in the lineage of Tulku Lobsang Rinpoche.

The course curriculum is offered under the auspices of the Nangten Menlang International Buddhist Medical Organization, founded and directed by Tulku Lobsang. The organization, a “School of Inner Medicine”, offers many teachings in Tibetan Buddhism and Tantrayana healing wisdom with the ultimate goal being the preservation and spread of traditional Tibetan healing arts.

All methods aim to connect each of us with our inner self and inner medicine

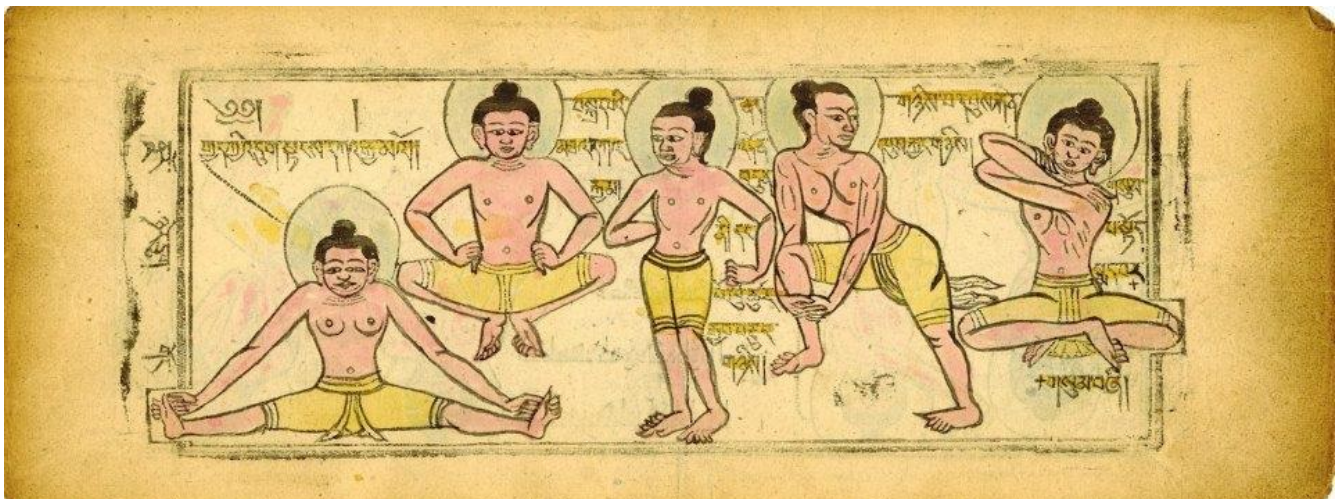
WHAT IS LU JONG?

In Tibetan, *Lu* means body and *Jong* means transformation. By combining slow, meditative movements with rhythmic breathing, we massage blocked points open to re-establish the vital flow of blood, oxygen and energy throughout the body.

Physically, Lu Jong functions on principles of Tibetan Medicine and balances all body systems. It nurtures the spine, aligns the musculoskeletal system, improves joint mobility and boosts organ function.

Mentally, Lu Jong cultivates a calm, focused mind, transforming volatile negative emotions into peace and equanimity. In fact, Lu Jong is part of a deep spiritual tradition that uses the body as the vehicle for self-transformation.

The power of Lu Jong is in its gentle ability to bring healing to all levels of students whilst encouraging them to achieve greater health and happiness by learning to tap into their innate wisdom.



REQUIREMENTS

There are no prior requirements to participate in this program. People of all backgrounds, ages (minimum of 18), experience levels and body types are welcome. No experience with yoga or Buddhism is necessary.

To be a teacher of a movement practice implies that you feel comfortable speaking in front of others (or are willing to develop that skill as needed), are articulate, do not mind demonstrating simple movements, enjoy interacting with others, and value personal development and ongoing learning.

All we ask is that you have a commitment to your own development, to your own health and happiness, and that you would want the same for others.

Are you ready to empower your students with a method they can use to experience better health and greater vitality?

Are you called upon to share a practice that not only heals the body but is also soothing to the mind?

This certification is an investment in yourself and your students. I am sure you will find it to be worth the commitment.

ABOUT JOELLE KELLY



For many years a direct student of Tulku Lobsang, Joelle Kelly became one of the first certified North American teachers of Lu Jong and Tog Chod.

She has since been selected by the Master as a North American Educator to grow the Western hemisphere's core group of certified teachers.

Kelly is the sole Certified Educator east of Arizona actively offering regular Lu Jong and Tog Chod classes and Teacher Trainings both in her local New York City/Hamptons area as well as on tour.

To learn more about Joelle Kelly click [HERE](#)

[Nangten Menlang International Website](#)

[Tulku Lobsang on the Benefits of Lu Jong](#)

[Lu Jong International Website](#)

www.LuJongNewYork.com



TOG CHÖD



LU JONG

WHY A LU JONG TEACHER EDUCATION?

Whether you seek to deepen your personal practice and knowledge, or your goal is to teach Lu Jong, this program will be a transformative adventure that will have an impact upon the rest of your life!

The training we have designed will take place over the span of 14 days strategically scheduled to encourage a deep connection with the movements and the rich context of the teachings that support them.

The pace will be such as to permit time to study and fully absorb the content in Body and Mind. The training will be much more than learning 'choreography' and reciting the names of poses.

My goal is for you to find your own voice as a teacher and to use it to inspire your students to develop their own practices for life. The ability to empower others to become more balanced, healthy and calm is a tremendous gift!



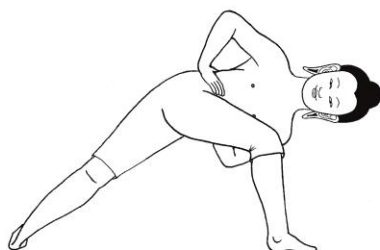
By the end of this training:

- You will be able to confidently and effectively teach Lu Jong: Tibetan Healing Yoga.
- You will be familiar with all 23 movements of the Lu Jong Level 1 practice.
- You will be able to teach and modify the movements based upon individual needs.
- You will be able to explain the benefits of Lu Jong from the viewpoint of Tibetan Medicine and Tantrayana Buddhism.
- You will become a member of the Nangten Menlang International (NMI) community

TEACHER TRAINING EDUCATION CURRICULUM

Specific and key topics that will be covered:

- The History of Lu Jong
- The Benefits of Lu Jong
- Foundations of Tibetan Buddhism
- Overview of Tibetan Medicine
- The Lu Jong Practice & Modifications
- Additional Practices to support Lu Jong
- Pedagogic Tools and Marketing Guidance



THE STEPS TO BECOMING A LU JONG TEACHER

1 - EDUCATION

The Lu Jong Teacher Training is organized in collaboration with Nangten Menlang International Buddhist Medical Organization and is in the lineage of Tulku Lobsang Rinpoche.

The program is a 14-Day comprehensive course of studies taught by Joelle Kelly, NMI certified Lu Jong Teacher Educator, leading to your certification as a teacher of Lu Jong.

We will delve deeply into all aspects of Lu Jong. You will emerge feeling confidently equipped with the skills necessary to successfully teach Lu Jong Tibetan Yoga to your students.

2 – EXAMS & FINAL CERTIFICATION

You are required to demonstrate a satisfactory understanding of Lu Jong by means of practical and written exams. The practical exam places focus upon the movements and your ability to share and teach the lineage clearly. The online, written exam addresses the theories and foundations of Lu Jong and is an open book test.

These exams are part of your Lu Jong Teacher Education and take place under the guidance of your Educator, Joelle Kelly.

The last step is the Certification Intensive where you receive the direct transmission from Tulku Lobsang in addition to deepening your understanding of Lu Jong and your role as a teacher.

In North America this is an annual online event and you participate from your computer over the course of a weekend. There will be some years where an 'in person attendance' is also an option.

You may also choose to attend a Certification Intensive in person on specific dates in Europe.

You have TWO years from the completion of the Training to attend a Certification Intensive.

This event is NOT an exam but an opportunity to deepen your connection with the lineage, meet Tulku Lobsang and receive his blessing to teach Lu Jong in his lineage.

Additionally, you will have a chance to meet and connect with the other Lu Jong teachers in North America to strengthen our network. Attendees are a combination of new teachers and current teachers who are renewing their certifications.

3 - RENEWAL

In two years' time, you must renew your certification status by attending another Intensive either online or in person. After this first time, renewals only need to be done every four years. This ensures that all the teachers maintain their connection with Tulku Lobsang, the practice and each other.

CURIOUS AND HAVE SOME QUESTIONS?

If you feel this Education Program could be right for you contact [Joelle Kelly](#) to arrange a phone call.

Details and Policies of the Lu Jong/Tog Chod Teacher Certification Program

- Registration for enrollment in the Teacher Certification Program is with NMI. When you register you notify them of your choice of Educator. The Education portion of the Training is paid directly to the Educator (Joelle Kelly).
- Completion of the Training means you are officially certified to teach by NMI and Tulku Lobsang.
- Joelle Kelly is authorized by NMI to prepare potential teachers in the lineages of Lu Jong Level 1 and Tog Chod.
- These lineages are strongly based upon the principles of Tibetan Medicine and connected with Tibetan Buddhism. An understanding of key aspects of Buddhist philosophy is fundamental and is covered as a part of the curriculum.
- Buddhism refers to the application of methods to better understand the nature of our mind, body and phenomena. People of all religions, ages and abilities are welcome to join the training.
- As part of the course, you will be given a Teacher's Manual. Please respect that this is copyrighted material and cannot be reproduced or shared.
- You MUST attend both the Training and the Certification to receive your certificate to teach.
- The Certification events are organized by NMI in North America and Europe. At this time, only the North American Lu Jong event permits attendance via computer. There is no online option for the Tog Chod Certification. There are no online options for European Certifications.
- Registration and payment for Certification events are made directly to the organization.
- To attend the Certification it is necessary to have Joelle Kelly's judgement that you have successfully completed the requirements of the Training. You need to have taken the written exam at least once and if you don't pass, you can take it again after the Certification event. The ONLINE written exam is organized through the organization.
- NO additional fees are required for the exams.
- You MUST pass the practical and written exams to receive your certificate to teach.
- In order to maintain a valid Teacher's Certificate, it is necessary to attend a Renewal event after two years, and every four years after the first renewal. The Renewals are held concurrently with the Certification events and are organized by NMI.

Questions? Call Joelle Kelly 917-796-2251



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