



# Lu Jong~New York

Ancient Wisdom for Modern Bodies

**Tog Chöd**, rooted in Asian martial arts, is a Tibetan style of sword dance regimen and transformative meditation practice. This powerful method taps into and harnesses students' inner power. Deriving from the principles of Buddhism and Tibetan Medicine, Tog Chöd is not solely a physical practice. The discipline fosters avoiding distraction by focusing the mind in the present moment.

Certified Educator Joelle Kelly, one of only three in the North America, introduced this unique and vibrant practice for the first time in NYC and the Hamptons. Kelly elaborates, "Though an energizing and fun practice, at its core, Tog Chöd is about discipline as well as physical and mental training. We teach new methods to defuse stress and increase concentration".



Originating as an adjunct to the worldwide Lu Jong Tibetan yoga practice, Tog Chöd is the brainchild of Tulku Lobsang Rinpoche. A Buddhist lama as well as doctor of Tibetan Medicine, he developed this unique practice inspired by ancient Tibetan rituals, movements and meditations. Using a combination of postures, choreography, and visualizations, Tog Chöd aptly cuts through brain fog. As one of Tulku Lobsang's highly regarded students, Kelly was chosen to be one of the North American instructors of the Tibetan Wisdom Sword.



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I have no experience ... can I do this? Yes!!

- 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



CUSTOM TRAINING BY  
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TOG CHÖD



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