

Lu Jong Yoga Teacher Training

2020



Dates

Training Dates

4th – 15th May 2020

Certification Weekend in Germany

7th – 10th October 2020

or

February 2021



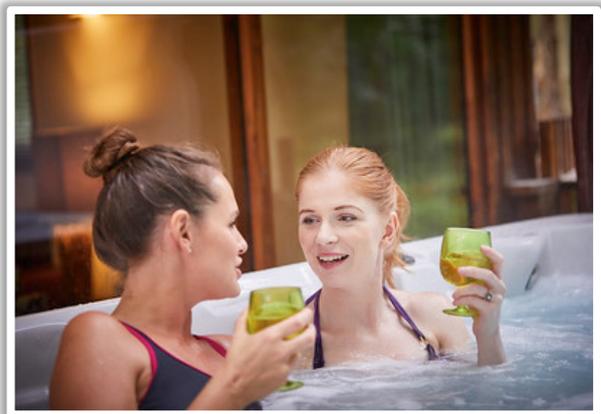
Experience yoga in nature

The Location

The Forest of Dean

Bracelands Drive, Christchurch, Coleford
GL16 7NN

The Forest of Dean is a geographical, historical and cultural region in the western part of the county of Gloucestershire in England. I have reserved the **Golden Oak Treehouse** for the training.



A Hot Tub comes standard with the accommodation

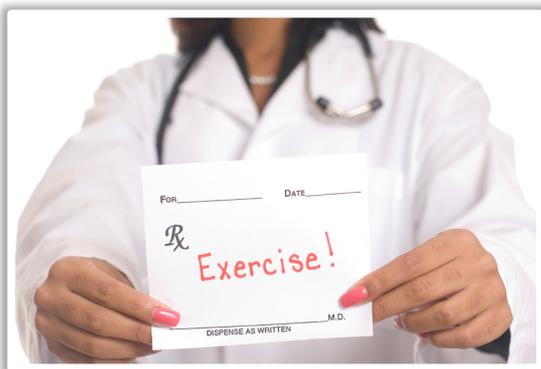


Look after your Own Health

Lu Jong gives you your own versatile yoga practice that you can do in your own time and space for improved physical, mental and emotional health and wellbeing. You will learn tools to keep you feeling healthier and happier and better able to deal with challenges in your life.

Teach Classes and Workshops

Arrange classes or workshops for your colleagues, friends and community. Lu Jong is simple yet very effective as a moving mindfulness meditation practice for all ages and abilities. A chair yoga routine is included in the tuition and can be utilized for elderly and less able people.



Enhance your Career

Whether you already work in the health and wellness industry or not, Lu Jong allows you to diversify your skills and care for people around you in a different way. You could open your own yoga studio or enhance your existing career. Learn additional practices like Tog Chöd, Tsa Lung, Tummo and Bliss to progress.

Host Wellness Retreats

Explore beautiful destinations worldwide and locally. Give people an escape from their busy and stressful lives in natural surroundings where they can restore with a gentle Lu Jong practice. You will add value to people's lives by teaching them practical mind body techniques that they can then apply in their everyday lives. Burnout can affect all careers.



Accommodation

- You will have a **choice of rooms** from a shared room with 2 single beds, a double room or the master en-suite which is located across a rope bridge from the main cabin. This will be on a first come first serve basis sharing with same gender.
- The cabin has a fully integrated kitchen with a **Bosch Tassimo coffee machine**.
- Eco friendly and gorgeously scented **Anyah toiletries or Arbonne toiletries**.
- Bed Linen, duvets, pillows and towels for all guests.
- Log burning stove in the living area.
- Decking area with outdoor dining furniture, hot tub and professional gas barbecue.
- **You can stay connected in the forest** (where mobile coverage is hard to find) with unlimited Wi-Fi access for all of your devices. The state of the art In-cabin Entertainment package will be available for your entertainment throughout your training if all things natural becomes too much.
It includes on demand TV and films in HD. You will also have unlimited access to movies with approximately 120 titles to choose from including a selection of new release films if this is how you unwind.
- Car Parking

Training Schedule

The training will take place in the Pavilion which is the purpose-built meeting room at the Forest of Dean. We will use it as our classroom and yoga training space, with access to AV equipment to enhance your learning experience. We will have great views of the forest and even have the choice of taking our classroom outside for a more relaxed learning environment.

Arrival Day Schedule - Monday 4th May 2020

2pm	Meet at the Pavilion
2.30pm - 5pm	Introduction to the training and Lu Jong Yoga Class
5pm -7.30pm	Check-in to accommodation and free time.
7.30pm	Dinner

Full Training Days – 5th, 6th, 7th, 11th, 12th, 13th, 14th

(Typical Schedule but may be changed to accommodate group preferences.)

7am – 8am	Lu Jong Class in the Pavilion
8am – 9.30	Breakfast
09.30 – 11.00	Lu Jong Theory
11.30 – 13.30	Lu Jong Practical
13.30 – 15.00	Lunch
15.00 – 17.30	Afternoon Lu Jong theory and practical
19.30	Dinner

Weekend

Friday 8th May

7am – 8am	Lu Jong Class in the Pavilion
8am – 9.30	Breakfast
09.30 – 11.00	Lu Jong Theory
11.30 – 13.30	Lu Jong Practical
13.30 – 15.00	Lunch

Free afternoon or learn Tog Chöd

Optional **Tog Chod** – As an additional bonus for Lu Jong Teacher Trainees, the weekend can be spent learning Tog Chöd 1. This is a dynamic practice and complements Lu Jong as it emphasizes the masculine aspect of the self and brings into awareness fear and anger as negative emotions. It is a mindfulness exercise that has the aim of delivering one into a clear mind state.

Saturday 9th May

Free day to explore the venue, go away for the day or learn Tog Chöd

Optional outdoor yoga class and informal discussions about Lu Jong, Tog Chöd or Yoga in general.

Sunday 10th May

Tog Chöd or free day

Friday 15th May – Final day. Checkout of room by 10am

7am – 8am	Lu Jong Class in the Pavilion
8am – 9.30	Breakfast
09.30 – 11.00	Discussion and preparation for theory examinations
11.30 – 13.00	Discussion and planning for practical examinations

I would like extend an invitation to you become a Lu Jong teacher and join in the training this year.

Why Lu Jong Teacher Training

As a Lu Jong teacher, you will enhance your own health and wellbeing with an ancient moving, mindfulness meditation practice and help others to do the same, by teaching Lu Jong in your community or work environment. Lu Jong will enhance your career whether you already work in the health and fitness industry or are looking to expand your expertise outside of your teaching, coaching or corporate job. You will learn a moving, mindfulness meditation practice that is firmly rooted in Buddhist wisdom yet has simple and conventional application for everyday mental and physical health concerns. You will learn how to guide people through the practice in your work environment or in classes, workshops or retreats. There is so much you can do with Lu Jong – keep it simple or embark on an amazing journey through these once secret Tibetan Buddhist practices that enhance health and wellbeing in a very powerful way. Discover **Tsa Lung, Kum Nye, Tummo, Tog Chöd, Rigpa, Gang Gyok etc**

The power and beauty of Lu Jong lies in its close association with the natural world and our role in it, thus bringing us closer to our own true nature of love, joy, happiness, generosity, compassion and selflessness. You will learn how to move away from the 'Pain Body' towards a 'Bliss Body'.

Lu Jong for Doctors

I think Lu Jong is ideal for Doctors and other healthcare professionals looking to enhance their Lifestyle Medicine Portfolio, improve their own well being or support that of colleagues as it is practical and less likely to cause injury than other yoga practices. It is suitable for all age groups so selected movements can easily be taught to patients while seated on a chair, especially the elderly in the consulting room or in a class. Most doctors will only want to teach once a week or in a workshop setting so a standard 200 hour training is really unnecessary. Lu Jong is also ideal for a retreat setting as you will learn several additional breathing practices to enhance any retreat.

The mind body connection is really fantastic.

I appreciated the short training period of 12 days as I could not take 3 months out of my work schedule. I flew to Mexico for my training.

A Case Study

I saw a patient in her 70's referred by her GP for Acupuncture for chronic neck pain of 3 years sustained after a pedestrian accident with a cyclist. Her pain was 60% better after the first treatment and following another 5 treatments, she reported an 80% improvement in her pain. I taught her a neck exercise that she could continue doing at home to maintain the movement of her neck. She did not require any further Acupuncture or Physiotherapy. This was something I could give to her which she really appreciated. I felt confident to teach her as I had been trained.

I have also taught colleagues at the urgent care centre.

The Location

During the training you will be fully immersed in natural surroundings in the Forest of Dean in Gloucestershire. The training schedule is designed to fit in with work and family life. The first session will be from the 4th – 15th May with the weekend designed to be non-compulsory so that you can enjoy the beautiful venue, learn Tog Chöd or take the weekend off and return on Sunday evening or early Monday morning.

After the face to face training, you will have the opportunity to put into practice what you have learned and also have access to online weekly training to support you through to completion of your course and certification. This will be in the form of video conferences and will help keep you on track with your learning and practice, so

that you can be fully prepared for the final assessment session and online open book examination.

Certification

Upon successful completion of your theory and practical examinations, you will be invited to attend a Certification Masterclass with Tulku Lobsang Rinpoche, the high Buddhist Master who cleverly designed Lu Jong. Tulku Lobsang based Lu Jong on more complex practices that would otherwise be too difficult for the untrained western body. He had an extensive monastic education and learned these energy and health enhancing practices and wanted to share them with us western people safely, so that we too could benefit from the healing practices he had been taught.

Career Opportunity and Connection

Following certification, you will be able to teach Lu Jong independently. The world is your oyster. Explore all the opportunities available to you and as your teacher, I will continue to be your guide and mentor. You can choose to be a part of the Lu Jong community in the UK and contribute to practice and theory sessions online or at meetings.

Cost

Tuition with Teacher **£2000** *Early bird rate. £2300 after 31st March 2020*

Registration with NMI **£300****

Certification with NMI **£300****

Accommodation for 11 nights including Meals

-Single Bed Twin occupancy with shared bathroom - **£1050pp**

-Double Bed Single occupancy with shared bathroom - **£1325pp**

- Ensuite single/double occupancy - **£1710ss/1500pp**

Additional costs to consider

- Travel – to UK venue and Germany

- Accommodation – in Germany for 2 nights

** These are approximate amounts based on previous costs for Registration and Certification.

Meals

Meals will be catered and are included in the cost of accommodation and will be vegetarian/vegan. There are restaurants in the area which we could visit but this will be at an additional cost.

3 Payment Plans for Tuition and Accommodation

❖ Example of 6 months payment plan with single bed shared accommodation

- Sign up before 31st March 2020
- £300 Deposit + £550 per month for 6 months

❖ Example of 10 months payment plan with single bed shared accommodation

- Sign up before 31st March 2020
- £300 Deposit + £335 per month for 10 months

❖ Example of 20 months payment plan with single bed shared accommodation

- Sign up before 31st March 2020
- £300 Deposit + £165 per month for 20 months

Payment Option 1

Full payment of Tuition and Accommodation

- Deposit £300 to teacher and separate registration with Nangten Menlang to secure your place in the training. (*non-refundable but can be used against future training*)
- £200 discount on Tuition and £100 discount on Accommodation early bird before 31st March 2020
- £100 discount on Tuition and £50 discount on Accommodation from 1st April 2020 – 15th April 2020

Payment Option 2

- Deposit £300 to teacher and separate registration with Nangten Menlang to secure your place in the training. (*non-refundable but can be used against future training*)
- **50% payment** of Tuition and Accommodation by 15th April 2020
- **Complete payment** by 1st May 2020
- £100 discount on Tuition and £50 discount on Accommodation early bird before 31st March 2020
- £50 discount on Tuition and £25 discount on Accommodation from 1st April 2020 – 15th April 2020

Payment Option 3

- Deposit £300 to teacher by 31st March h 2020 and separate registration with Nangten Menlang to secure your place in the training. (*non-refundable but can be used against future training*)
- Payment plan over 6, 10 or 20 months can be arranged and sign off for certification will be done accordingly
- Based on Full cost of tuition of £2300 and choice of accommodation

❖ **Example of 6 months payment plan with single bed shared accommodation**

- Sign up before 31st March 2020
- £300 Deposit + £550 per month for 6 months

❖ **Example of 10 months payment plan with single bed shared accommodation**

- Sign up before 31st March 2020
- £300 Deposit + £335 per month for 10 months

❖ **Example of 20 months payment plan with single bed shared accommodation**

- Sign up before 31st March 2020
- £300 Deposit + £165 per month for 20 months