

Marpa's Lu Jong Yoga Continuation Course

Dates: Feb. 5, 19; March 5, 19; Time: Thursdays kl. 17:30-19:00

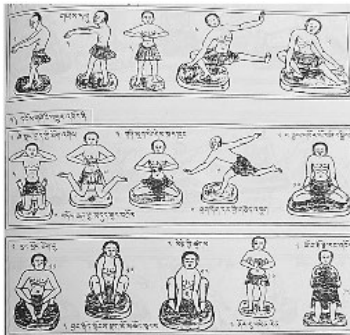
Instructor: Zabrina Leung (a certified teacher, certified by Drubpon Kunsang)

Venue: Ratnashri Meditation Center, Friggavägen 11, Lidingö (Telephone: 08-7655878)

Prerequisite: All participants have earlier taken the Marpa Lu Jong yoga course with Drubpon Kunsang.

Fee: 500 kr

Registration: Email to info@ratnashri.se by Feb. 1 and deposit fee to Plusgiro:1287806-2 before the course begins.



In the Drikung Kagyu lineage, Marpa's Lu Jong Yoga exercises have been practiced in their original, unaltered form for more than a thousand years. Lu means body, and Jong means training or practice. Lu Jong can be translated as physical exercises. Lu Jong helps to keep the body and mind healthy, balanced, and in harmony, especially in

difficult times. Following his master's instructions closely, the student Kunga wrote down the commentary on the twenty Lu Jong exercises. This enabled the preservation of their profound power. Physical exercises and breathing techniques can be learned through observation. However, it is recommended to receive instructions from a teacher. His Holiness Drikung Kyabgon Thinley Lhundup personally gave Drubpon Kunsang permission to make these Marpa Lu Jong exercises available to the public.

We will go through a few exercises in detail per session. Benefits of each exercise will also be explained. Wear comfortable clothing and bring your own yoga mat.