



Lu Jong Teachers Certification



In Tibet "Lu" means body and "Jong" means transformation. Without a pure body we can't have a good mind development. A Lu Jong class have simple body movements done with a unic breath rithm that hav...



Campaign active from

26/02/2014 to 08/04/2014 - 18:00

<https://ppl.pt/en/prj/formacao-lu-jong>



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