



Yoga and Meditation Training on the Sea ...

Basic Yoga and Meditation Teacher Training

Training details:

The Basic Yoga teacher Training Program will start on November 7th

Free Try out:

Join us on November 7 for a free one-day trial. Let us show you the program first, and then you can decide to join the full course.

Special Price for outside participants:

Price : \$1500 – 45% discount = \$825

Training Dates:

November 7-8 & 14-15
November 29-December 01
December 12-13
January 16-17

Additional benefits:

50% discount on Yoga retreats:

November 16/17 (\$75 only)
December 14/15 (\$50 only)
January 18/19 (\$50only)

Objective

The objective of this course is to provide basic skills to correctly teach a complete yoga and meditation class and to use different yoga and meditations techniques effectively.

The training is designed for practitioners, who are interested in yoga and meditation beyond the ordinary student level; who like to facilitate yoga and meditation as part of their profession, in their organization or well-being oriented company; and who are not yet able to join a regular teacher certification programme.

The BASIC-TEACHER TRAINING is based on general basic yoga and meditation techniques as explained and practiced in the Yoga and Meditation technology as taught by Yoga Bhajan.

The training covers:

Breathing Techniques - Locks and Mudras
Asana and Kriya - Meditation
Teaching Techniques
Presentation and Demonstration
Individual Practice - Homework
Practicum and Written Exam

For registration / information

Kundalini Yoga House: 092-429835

- * info@KundaliniYogaCambodia.org
- * Facebook: KundaliniYogaCambodia
- * www.kundaliniYogaCambodia.org

Knai Bang Chatt: 078-888557

- * reservations@KnaiBangChatt.com
- * Facebook: Knai Bang Chatt Resort
- * www.knaibangchatt.com

The training will be facilitated by **Tonie Nooyens, Bieng Pirong and Phon Neary**, teachers from the Kundalini Yoga House in Phnom Penh.

At Knai Bang Chatt Resort and Sailing Club in Kep.