



KNAI BANG CHATT
the essence of Kep



Kundalini Yoga Cambodia

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Yoga and Meditation Retreats on the Sea

The Essence of Prosperous Living Clarity, Identity, Resolve

A vision quest ...



Friday-Tuesday
24-28 May 2013

In the secluded seaside resort of Knai Bang Chatt, next to the sea and at the foot of the hills of Kep National Park, a five-day yoga and meditation retreat.

Allowing yourself to take a break from day-to-day chores and to take stock of where you are in life and where you are heading. Go through a practice of deep breathing and gentle exercise to gain physical and mental balance. Meditate, connecting with the universal elements water, wind, earth and fire to enter a space of inner stillness and clarity. Find a creative expression for your deeper longing and individual uniqueness.

The program includes sunrise and sunset yoga and meditation sessions. Morning classes will combine short lectures with specific kriyas and meditations. A mountain walk, art sessions and a day of silence and meditation are also part of the program.

Throughout the day, in between the yoga and meditation sessions take time to relax, to venture into the sea, into the mountains, or simply rest at the seaside pool.

The yoga practice and the meditations will be facilitated by *Tonie Nooyens*, a long term international yoga and meditation teacher, and teachers from the Kundalini Yoga House in Phnom Penh.

For registration / information

Kundalini Yoga House: 092-429835

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

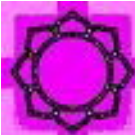
Knai Bang Chatt: 078-888557

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

**At Knai Bang Chatt
Resort and Sailing
Club in Kep.**



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Yoga and Meditation Retreats on the Sea



The Essence of Prosperous Living Clarity, Identity, Resolve 24-28 May 2013

Participation fee:

Yoga Retreat	Standard Rate	Early Bird -10%	Cambodian/ Student/ Volunteer	Kundalini Cambodia Members
	\$390	\$350*	\$270**	\$195**

* Early bird: Confirmations and payment before May 10th.

** Cannot be combined with early bird bookings.

Fee Includes:

- ✓ Retreat: 5 sunrise, 5 morning and 4 sunset sessions
- ✓ Vegetarian meals starting with breakfast on Friday
- ✓ Last meal is lunch on Tuesday
- ✓ Refreshments during and after the yoga sessions

Additional benefits:

- ✓ Free use of Knai Bang Chatt pool & other facilities
- ✓ 25% discount on all Knai Bang Chatt Spa treatments and Sailing Club rentals (Canoe / Bicycles / Boats)
- ✓ 25% on all a la carte menu's at the Knai Bang Chatt & Sailing Club restaurant
- ✓ Free Wi-Fi

Accommodation options (based on double or twin-shared room):

Knai Bang Chatt resort: USD 75 per night/person – Single USD 130 per night

Kimly Guest house: USD 20 – 45 per night/room

Seaside Guesthouse : USD 10 – 25 per night/room

Early booking required. Availability and rates guaranteed until 10 May.

Transportation options:

A minivan will be arranged from Phnom Penh on Thursday (departure 16.00pm) and return on Tuesday (departure 14.00pm) for USD \$15pp each way. Alternatively you can book your own taxi or take the bus which drops you two minutes from all listed accommodation.

Tentative Program:

Friday - Monday:

- 04:00 – 06:30 Sadhana - Sunrise yoga and meditation
* Sailing Club House
- 06.30 – 07:30 Yoga work-out – Breathing – Stretching – Moving (optional)
* in Knai Bang Chatt
- 07:00 * Vegetarian breakfast at Sailing Club
- 09:00 – 11:30 Yoga and meditation class
* seaside terrace or yoga room inside Knai Bang Chatt
* refreshments
- 12:00 * Vegetarian lunch at Knai Bang Chatt
- 17:00 – 18:30 Sunset yoga and meditation class
* seaside terrace or yoga room inside Knai Bang Chatt
* refreshments
- 19:00 * Vegetarian dinner at Knai Bang Chatt

Tuesday

- 04:00 – 06:30 Sadhana - Sunrise yoga and meditation
* Sailing Club House
- 06.30 – 07:30 Yoga work-out – Breathing – Stretching – Moving (optional)
* in Knai Bang Chatt
- 07:00 * Vegetarian breakfast at Sailing Club
- 09:00 – 11:30 Yoga and meditation class
* seaside terrace or yoga room inside Knai Bang Chatt
* refreshments
- 12:00 * Vegetarian lunch at Knai Bang Chatt

Schedule may be different on days with special activities

