



Yoga and Meditation Retreats on the Sea

Schedule 2013

Saturday 23 to Monday 25 February

Mind, Meditation, Mantra

Discovering the Essence of Meditation

Practice and experience the benefits of different meditation techniques

Saturday 6 to Sunday 7 April

*Conscious Communication and the Essence of Being in
Relationship*

Practice deep listening, speak with an authentic voice, and
commit from the heart

Friday 24 to Tuesday 28 May

Essentials of Prosperous Living: Clarity, Identity, Resolve

A vision quest ..., meditating, connecting with nature,
deep silence, expression through art

Saturday 15 to Tuesday 18 June

Clarity, Sensitivity, Strength

Transformative leadership in turbulent times

A retreat for corporate and organizational executives
and for those in positions that demand
creative and intuitive leadership

Saturday 19 to Wednesday 23 October

Details to be announced

Saturday 7 to Tuesday 10 December

Details to be announced

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
- * www.knaibangchatt.com