



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

Street 322, #204ZB, Sangkat Boeung Keng Kang I, Khan Chamkarmon, Phnom Penh
Phone: 092-429 835 Email: info@KundaliniYogaCambodia.org

MINDFULNESS MEDITATION

Saturday 3 and 17 July 2010

9:00-12:00am

Love and Living

To be able to really love, we must live fully present, in harmony with ourselves and able to live in harmony with others.

Mindfulness meditation techniques help us to live in the present moment, to be aware of the needs and pain of ourselves and the needs and pain of those we love.

Listening deeply to ourselves and others, we can know and heal our pain.

The practice follows basic meditation techniques, including breathing, sitting and walking meditations. The meditation is suitable for beginners and advanced meditators.



at the

KUNDALINI YOGA HOUSE
#204ZB Street 322

Fee: US\$ 25

includes refreshment

Cambodians, Students, Volunteers: 30% discount
10-class cardholders: 3 class checks

50% of the income will go to the
Hanneke Meijers Memorial Fund

The meditations will be facilitated by *Tonie Nooyens*, together with *Ann Sorita* and *Sao Kanika*, teachers at the Kundalini Yoga House.

For Registration /Information:

Street 322 no.204ZB,
Boeung Keng Kang I, Phnom Penh

Phone: 092-429835/013-719418

Or visit:

www.KundaliniYogaCambodia.org