



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

Street 302 no.42E1, Sangkat Boeung Keng Kang I, Khan Chamkarmon, Phnom Penh
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MEDITATION WEEKEND

February 26-28 (Friday-Sunday)

Reiki 1 Healing

a weekend of yoga and Reiki healing.



Reiki - Kanji

Learn about the origins of Reiki, what it is, how it works, how to use hand positions, and receive the first degree Reiki attunement so you can immediately use it for healing yourself and others

This weekend offers an introduction to healing through Reiki. Reiki is a form of complementary therapy – a safe, gentle, non-intrusive hands on healing technique that uses spiritual energy for balancing, healing and harmonizing the physical body, the mind, emotions and spirit so promoting a sense of well-being.

The practice part will focus on individual healing and healing others. The weekend includes yoga and meditation practice. No previous experience is needed.

Reiki 2 will be taught on 23-25 April for those who have received and practiced Reiki 1.

at the **KUNDALINI YOGA HOUSE**
Street 302 #42

Fee: US\$ 120 Full Program

Early registration Fee (before 15 February)
US\$ 108 Full Program

includes refreshment and simple vegetarian lunch

Cambodians, Students, Volunteers 30% discount
Cards are not valid for this program

This weekend will be facilitated by **Hanneke Meijers**, Reiki Master and KY Teacher Trainer, together with **Ann Sorita**, **Sao Kanika**, **Yan Vannac**, **Eung Kimhong**, yoga teachers and Reiki level 2 practitioners at the Kundalini Yoga House.

Tentative Programme:

- Fri 26 Feb - 18.00pm - 19.30pm - " Opening our energy channels" - facilitation Vannac, Hanneke
- Sat 27 Feb - 7.00am - 17.30pm - AM Sadhana and Kundalini Session (exercises, meditation) – facilitation Kanika, Hanneke
- Reiki – introduction – facilitation: Hanneke
- PM Reiki - information, healing one self, attunements: Hanneke
- Sun 28 Feb - 7.00am - 17.30pm - AM Sadhana and Kundalini Session (exercises, meditation) – facilitation Sorita, Hanneke
- Review, healing others – facilitation: Hanneke
- PM Practice and review – facilitation: Hanneke