



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

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Get going...

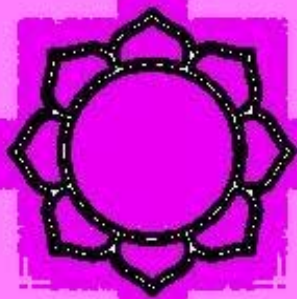
Starting the day is for many a person not the easiest thing. The consequences of a poor nights' sleep –due to a poor mattress, or unreleased stress from the day before, a hang-over, or simply not enough sleep- make the early morning a difficult moment to face. Morning stiffness, a clouded mind, and a de-motivated feeling to get going are all but too common.

This session focuses at breathing, exercise and meditation routines that can easily be practiced in the morning, and that have a beneficial impact on the different body systems. Such a morning practice prepares body and mind for the day that comes. The experience is that when we start the day well-prepared, our metabolism functions well, and our digestive and nervous systems are awakened. Our mind is alert, and our intuition is strengthened. We are less likely to run into relational problems during the day, to succumb to stress, or to hurt our body -back and neck- due to poor alignment and weakened muscular and neural systems.

The routines presented are simple, and it is easy to pick and choose from the asanas, and from the breathing and meditation exercises to do at home a little more on making the start of your day more pleasant.

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De-stress and relax

At the end of the day it is good to unwind and to let go of the business of the past day. Exercising helps to do so. Also breathing and meditation techniques are effective in settling tensions, emotions and worries. Use yoga to close your day in a physically and mentally rounded manner and to enjoy a healthy sleep. Avoid storing stress only to be confronted by the consequences sometime later in the future.

This evening session offers a nice break between the working day and a getting ready to enjoy your evening. Allow yourself to unwind and relax.

The session offers asanas, breathing and meditation techniques that can not only be practiced at the end of the day or before going to sleep, but also during the day when relaxation from stress and shock is needed.

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Sadhana

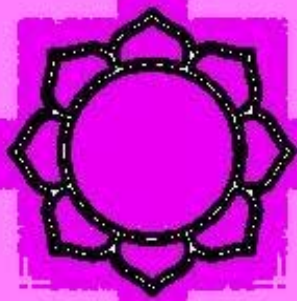
Sadhana means 'practice' and it is an important element of a healthy lifestyle. Regular practice of breathing, meditation and physical exercises is important for our physical, mental and spiritual health. If possible we practice regularly, preferably daily, in the early morning before we have breakfast and before we start our ordinary day.

The Sadhana classes on Saturday and Sunday are offered as such regular practice, going through the flow of an early morning session with breathing, warming up exercises, a kriya, deep relaxation and meditation. Mantra practice can be part of this as well.

These Sadhanas offer the opportunity to practice together with other yoga practitioners, which makes for a stimulating experience.

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Alignment

Correct posture is important to maintain good health and to avoid physical problems. Many physical problems -for example back and neck problems, so-called repetitive strain problems, etc.- but also digestive and nervous problems are caused by sitting, standing and lying in unfavorable positions. Also poor lifting and bending techniques can result in serious and lasting injuries.

The alignment classes can provide an insight in what is good posture, and help to correct poor sitting, lying and standing habits. The breathing, exercises and meditations can also help to overcome some of the problems, injuries and deformations caused by poor posture -especially when related to the back and neck- and help with pain relief and relaxation in case of more acute problems. The sessions can also helpful to those who suffer from headaches, digestive problems, and nerve pains.

In addition to this weekly group session, it is possible to attend a private session, individual or in a small group.

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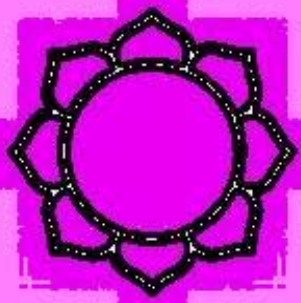
Flexibility and Strength

These classes focus on the general practice of yoga techniques. During these classes different exercises, breathing and meditation techniques will be introduced, explained and practiced. When attended on a regular basis, practitioners will learn how to practice correctly while experiencing the benefits of the different techniques for their physical and mental well-being.

These classes also offer the opportunity to talk about other lifestyle related topics.

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Healthy Lifestyle

In these sessions a little more attention will be given to the benefits of a yogic lifestyle, including references to eating, drinking, and sleeping habits, relationships and other lifestyle related issues.

Specific lifestyle questions can be asked, in advance or during the sessions.

In case only women attend the session, topics that can be covered include pregnancy, the menses, aging; in case only men attend men's health and vitality, and relationships issues may be included.

All sessions offer a variety of breathing, exercise and meditation techniques and lifestyle tips.

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Yoga for Back and Neck

Over 80% of the people do suffer from back and neck pain at some point in their life. Over 50% has regular or chronic back and neck pains.

Many of these problems are caused by poor sitting, standing and working habits. Most problems (and pain!), could easily be avoided, or can be taken care of through simple lifestyle changes and regular exercise routines.

The classes "Taking Care of the Spine: dealing with back and neck problems" offer exercises, breathing techniques and meditations that can help to relief pain, and increase spinal flexibility and strength.

The group sessions offer a general programme. For individuals and specific conditions private sessions can be arranged.

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