



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

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Schedule January and February 2008



Yoga and Meditation at the *Kundalini Yoga House*

Street 302 #42E1, Phnom Penh, Cambodia

Sat	Sun	Mon	Tue	Wed	Thu	Fri
07.00-08.45 Sadhana	07.00-08.45 Sadhana	06.00-07.30 Sadhana <i>CLASS IN KHMER</i>	06.00-07.30 Sadhana 'Get Going' morning routines			
09.00-10.30 'flexibility and strength' <i>CLASS IN KHMER</i>		09.00-10.30 'flexibility and strength'	09.00-10.30 'flexibility and strength'			
09.15-10.45 'yoga for back and neck problems'	09.15-11.45 TEACHER TRAINING					
			17.30-19.00 Kundalini Healing Practice and Meditation		18.30-20.00 Thich Nhat Hanh Meditation * <i>At Tom's house</i>	18.30-20.00 Tibetan Buddhist Meditation *

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