



Kundalini Yoga Cambodia

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NEWSLETTER

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<p>The Kundalini Yoga Cambodia team is glad to send you the second issue of our newsletter. We hope we can send you again regular updates.</p> <p>A lot has happened in the past months. The programme continues to grow and more students attend the classes at the Kundalini Yoga House. Five teachers, Vannac, Sorita, Kanika, Kimhong and Georgie are now teaching regular classes at The House. Tonie an Hanneke teach whenever they are in Phnom Penh.</p> <p>New outreach activities include Yoga for Children at <i>The Giving Tree</i>, and a monthly yoga and meditation class at the <i>Wat Opot</i> project.</p> <p>In June more classes will be available: Mindi and Rachael will teach a new class on Thursday evening (18.00pm), Kanika and Kimhong open a class on Sunday evening (17.00pm). On Saturday morning there will be an additional class for pregnant women at 10.00am by Sorita and Georgie.</p> <p>We will finish the current cycle of the Level 1 Teacher Certification Programme in June (6, 7 June). We plan the next cycle to start in the fall. In case interested, you can still attend the weekend in June, or register for the next cycle.</p>	<p>For Cambodians who like to teach at home or in their community, we offer a special Pre-Teacher Training course.</p> <p>In June we will organize a number of special events to raise funds to support Vannac and Sorita to join advanced training in Australia and the USA:</p> <ul style="list-style-type: none"> * Fri 5, 12, 19 and 26: "MIRACLE MANTRA" * Sun 14: "HEALING YOGA" * Thu 11 June: "KID's CLASS" * Sun 21 and 28 June: "KUNDALINI YOGA AT ITS BEST" * Mon 08 June: "FULL MOON MEDITATION" <p>The minimum donation for these events is US\$ 3 for Cambodians and US\$ 8 for foreigners. See the separate flyer or the website for details. We hope you can attend one of these events.</p> <div style="border: 1px dashed black; padding: 5px;"> <p>The "Miracle Mantra" is a powerful mantra that, when chanted correctly, can break through and re-align habitual patterns. Set your honest and true intention for personal change and improvement before chanting the mantra and let the power of sound work to re-set your radiance and projection.</p> </div> <p><i>Thank you for your ongoing support to the Kundalini Yoga Cambodia project!</i></p> <p>We appreciate to receive your suggestions on how we can further improve the programme.</p>



Kundalini Yoga Cambodia

Regular Schedule

Sat	Sun	Mon	Tue	Wed	Thu	Fri
07.00-08.30 Sadhana -Kanika-	07.00-08.30 Sadhana -Sorita-	06.00-07.30 Sadhana Kimhong/Sela	06.00-07.30 Sadhana -Kanika-			
09.30-11.00 'KY class' -Kimhong-	09.30-11.00 'KY class' -Vannac-	08.30-10.00 'KY class' -Vannac-	08.30-10.00 'KY class' -Georgie-		8:30-10:00 'KY class' -Kanika-	8:30-10:00 'KY class' -Georgie-
10:00-11:30 'Yoga for pregnant women' Sorita/Georgie						
	17:00-18:30 'KY class' -Kanika- -Kimhong-	18:00-19:30 'Yoga for pregnant women' Georgie/Sorita	17.45-19.00 'Practice-Meditation-healing' -Sorita-		18:00-19:30 'KY class' -Mindi- -Rachael-	

Regular Fees:
3 USD for Cambodians,
8 USD for foreigners

10-class pass:
25 USD (Cambodians)
65 USD (foreigners)

Sadhana (morning practice) is by donation

Special classes:
* Yoga for Back and Neck Problems,
* Energy Healing and Reiki Healing,
* Private classes,
* Yoga, Meditation and Lifestyle counseling.

Teacher Training (Level 1, International Certification Course)

Next classes: 6-7 June (*check times*)

Pre-Teacher Training (Preparation Course)

:Every Thursday (*check times*)



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