



NEWSLETTER

ISSUE No. 15	July 01, 2010
<p>Dear friends,</p> <p>Summer vacations have started and many of our regular students are on holidays. But for those who stay in Phnom Penh, we have created a special summer program with some special classes.</p>	<p>“Full Moon Meditation” - Monday 26 July during Sadhana (7-8.30 am), morning class (9.30-11.00 am) and evening class (6-7.30 pm)</p>
<p>KIDS class on <i>Tuesday and Thursday mornings</i></p>	<p>Full Moon Meditation In July, full moon day will be on <i>Monday 26 July</i>, and the “Full Moon Meditation” will happen during regular classes on that day.</p>
<p>On the regular schedule you will find a KIDS class on <i>Tuesday and Thursday mornings</i>, at the same time as the regular yoga class. So, Children between 3 and 10 years old are welcome to come along to join this special class when you yourself attend the normal yoga class. The kids classes are facilitated by members of the Kundalini Yoga Cambodia team, who are all certified in Yoga for Children. Your nanny is welcome to join the class, as well.</p>	<p>Special Class for Back and Neck <i>Every Friday – 6-7.30 pm</i> to help you deal effectively with you back and neck problems</p>
<p>“Love and Living” Mindfulness Meditation <i>Saturday 3 and 17 July - 9.00-12.00 am</i></p>	<p>This month we offer a specialized Back and Neck class for those who suffer of back and neck problems. If you are looking for exercises that are effective to relief pain, to increase flexibility and strength, and to support and protect your back and neck, join <i>Tonie on Friday evenings from 6-7.30pm</i> and find out what exercises could be helpful for your particular condition.</p>
<p>In July <i>Tonie</i> will lead two special Mindfulness Meditation sessions on <i>Saturday 3 and 17 July</i>. The sessions will provide an introduction to mindfulness meditation for those who are new to this meditation practice. For advanced practitioners these mornings offer a great opportunity to meditate and practice together. During the meditations we will reflect on different aspects of “Love” and on how these are reflected in our life and our relationships.</p>	<p>Holidays Also some of our teachers are or will go on vacation this month: <i>Anna, Rachael, Mindy...</i> Please check the schedule to find out who will replace them while they are absent.</p>
<p>Reiki Healing - Meet and Practice Session <i>Saturday 10 and 24 July - 9.00-10.15 am</i></p>	<p>And finally, we now have a range of Organic Products at The House to support a healthy lifestyle. You may like to check it out.</p>
<p>On <i>Saturday 10 and 24 July</i> we will host a meet and practice session for Reiki Healers. During this session those who have followed Reiki training at the Kundalini Yoga House, as well as other practitioners have an opportunity to share experiences and practice together.</p>	<p>We hope to see you at the Kundalini Yoga House !</p> <p>NOW ALSO ON THE SCHEDULE:</p> <p>KY Teacher Training Level 1 – KRI International Certification Program Mod I 3-4 September 2010 Mod II 24-26 September 2010 Mod III 17-19 December 2010 Mod IV 28-30 January 2011</p> <p>Register now and save 10% on the Attendance Fee</p>



Kundalini Yoga Cambodia

Regular Schedule

Sat	Sun	Mon	Tue	Wed	Thu	Fri
07.00-08.30 Sadhana -Kanika- 3 July -Mlis-	07.00-08.30 Sadhana -Sorita-	06.00-07.30 Sadhana -Mlis-	06.00-07.30 Sadhana -Kanika-		06:00-07:30 Sadhana -Rothana-	06:00-07:30 Sadhana -Mlis-
09.30-11.00 'KY class' -Sorita- 3 July -Rachael-	09:30-11:00 'KY class' -Seila-	08.30-10.00 'KY class' -Mindy-	08.30-10.00 'KY class' -Mindy- & 'KIDS class' -KY Team-		8:30-10:00 'KY class' -Mindy- & 'KIDS class' -KY Team-	8:30-10:00 'KY class' -Kanika-
	10:00-11:30 'pregnant women' -Sorita-					
		18:00-19:30 'KY class' -Rachael- 1, 5, 8, 12 July -Tonie-	18.00-19.30 'Practice Healing' -Sorita-		18:00-19:30 'KY class' -Rachael-	18:00-19:30 'Back & Neck' SPECIAL -Tonie-

Walk-in Fees:
US\$4 Cambodians
US\$9 foreigners

10-class pass (valid 3 months):
US\$30 Cambodians
US\$70 foreigners

1-month Membership (all scheduled classes):
US\$50 Cambodians
US\$120 foreigners

Sadhana (morning practice) is by donation
Student and Volunteer discount available

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