

# KUNDALINI YOGA CAMBODIA

## Programme April/May/June 2013

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### Yoga and Meditation at the *Kundalini Yoga House*

Street 454, #91G, near Russian Market, Toul Tom Pong II, Phnom Penh, Cambodia

Registration / Information: Phone: 092-429 835 (Khmer and English) Facebook: KundaliniYogaCambodia

Email: info@KundaliniYogaCambodia.org Web: www.KundaliniYogaCambodia.org

Sat	Sun	Mon	Tue	Wed	Thu	Fri
07:00-08:30 <b>Sadhana</b> <i>morning practice</i> English/Khmer -Seila -	07:00-08:30 <b>Sadhana</b> <i>morning practice</i> English/Khmer -Tonie/Pirong-	06:00-07:30 <b>Sadhana</b> <i>morning practice</i> English/Khmer -Pirong-	06:00-07:30 <b>Sadhana</b> <i>morning practice</i> English/Khmer -Hak/Neary-		06:00-07:30 <b>Sadhana</b> <i>morning practice</i> English/Khmer -Longdy/Sophea-	06:00-07:30 <b>Sadhana</b> <i>morning practice</i> English/Khmer -Hak/Neary-
09:30-11:00 <b>Kundalini Yoga class</b> English/Khmer -Longdy-	9:00-10:30 <b>Pregnancy Yoga</b> <b>on request</b> -Rothana/Kanika- 09:30-11:00 <b>Kundalini Yoga class</b> English/Khmer -Pirong-	08:30-10:00 <b>Kundalini Yoga Class</b> <b>on request</b> English/Khmer -Pirong-	08:30-10:00 <b>Kundalini Yoga Class</b> English/Khmer -Pirong-		08:30-10:00 <b>Kundalini Yoga Class</b> English -Petra-	08:30-10:00 <b>Community Yoga</b> Khmer -Neary-
<b>On request classes</b> <b>Pregnancy Yoga In Khmer</b> <i>Sun (9:00-10:30am)</i> <i>Fri (9:00-10:30)</i> <b>Lunch Class</b> <i>Mon &amp; Fri (12:15-13:15pm)</i> <b>KIDS Class</b> (min. 5 kids) (Please register a day in advance)		12:15-13:15 <b>Lunch Class</b> <b>on request</b> English/Khmer - Pirong-	<b>Upcoming Retreats On The Sea ...</b> <b>24-28 May</b> <b>Essentials of Prosperous Living: Clarity, Identity, Resolve</b> <b>15-18 June</b> <b>Clarity, Sensitivity, Strength</b> <b>Effective transformative leadership in turbulent times</b>			12:15-13:15 <b>Lunch Class</b> <b>on request</b> English/Khmer -Pirong-
		18:00-19:30 <b>Kundalini Yoga with Mantras and Dance</b> English -Anna Marie-				18:00-19:30 <b>Kundalini Yoga "Yoga &amp; Gong"</b> English/Khmer -Tonie- 23 April - 15 May <b>Kundalini Yoga "Work-out"</b> English/Khmer -Seila-
<b>Teacher Training</b> <b>24-28 May (retreat)</b> <b>9-10 June</b>					<b>Kundalini Yoga with Mantras and Dance</b> <b>Monday 18:00-19:30pm</b>	

actual teacher can differ if necessary.

### Class Options:

- Yoga and Meditation Workshops
- Private Classes
- Pregnancy Yoga, Post-natal Yoga
- Yoga for Back and Neck Problems
- Kids Classes

### Counseling and Healing:

- Yoga and Meditation Coaching
- Reiki and Energy Healing
- Yoga and Art therapy
- Lifestyle Counseling

**Kundalini Yoga House**  
is CLOSED for Khmer New Year  
Saturday 13 – Tuesday 16 April  
Classes resume Thursday 18 April

Kundalini class	Walk-in Fee	10-class pass	lunch class	Membership	1mth	6mth	1yr
Cambodians	US\$4	\$30	\$3	US\$	48	240	369
Foreigners	US\$9	\$70	\$7	US\$	108	540	999
Kids	US\$5						

*Sadhana (morning practice) is by donation*

*Student and Volunteer discount available*

**Ask for workshop and special fees**