

KUNDALINI YOGA CAMBODIA

Programme April 2012

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Yoga and Meditation at the *Kundalini Yoga House*

Street 454, #91G, Phnom Penh, Cambodia

Registration / Information: Phone: 092-429 835 (Khmer and English)
Email: info@KundaliniYogaCambodia.org

Facebook: Kundalini Yoga Cambodia
Web: www.KundaliniYogaCambodia.org

Sat	Sun	Mon	Tue	Wed	Thu	Fri	
07:00-08:30 Sadhana morning practice English/Khmer -Kanika-	07:00-08:30 Sadhana morning practice English/Khmer -Mlis/Rothana-	06:00-07:30 Sadhana morning practice English/Khmer -Hak-	06:00-07:30 Sadhana morning practice English/Khmer -Kanika-		06:00-07:30 Sadhana morning practice English/Khmer -Sophea-	06:00-07:30 Sadhana morning practice English/Khmer -Hak-	
	8:30-10:00 Post Natal Yoga on request -Rothana-	8:30-9:30 Pilates class French -Anne-	8:30-9:30 Pilates class French -Anne-	8:30-9:30 Pilates class French -Anne-	8:30-9:30 Pilates class French -Anne-	8:30-9:30 Pilates class French -Anne-	
09:30-11:00 KY class English/Khmer -Seila-	09:30-11:00 KY class English/Khmer -Pirong-		08:30-10:00 KY class English Rachael		08:30-10:00 KY class English Rachael		
	KIDs class on request English/Khmer -KY Team-	Yoga, Meditation & Art Workshops Sat 7 April – ‘I am a forgiving self’ Sat 19 May – ‘I am a healing self’ Sat 9 June – ‘I am an infinite self’ 09:00am-12:00pm				No Pilates Fri 6 until Mon 16 April	
	10:00-11:30 pregnancy Yoga on request -Rothana-						
On request classes Pregnancy Yoga <i>Sun (10:00-11:30am)</i> <i>Thu (18:00-19:30pm)</i> Postnatal Class <i>Sun (8:30-10:00am)</i> Lunch Class <i>Mon & Fri (12:15-13:15pm)</i> KIDs Class <i>Sun (9:30-11:00am) & Private</i> (Please register a day in advance)		12:15-13:15 Lunch Class on request English/Khmer - Kanika/Maria-		International Teacher Training Level 1 Module III 20-22 April		12:15-13:15 Lunch Class on request English -Kanika/Maria-	
		18:00-19:30 KY+Art class English -Rachael/Team-	18:00-19:30 KY class English/Khmer -Pirong-		18:00-19:30 KY class English -Anna-Mari- pregnancy yoga English/Khmer on request		
		Kundalini Yoga and Art Mondays 18:00-19:30					

On request classes

Pregnancy Yoga
Sun (10:00-11:30am)
Thu (18:00-19:30pm)

Postnatal Class
Sun (8:30-10:00am)

Lunch Class
Mon & Fri (12:15-13:15pm)

KIDs Class
Sun (9:30-11:00am) & Private
(Please register a day in advance)

We are closed on
Khmer New Year
from Wed 11-Mon 16 April.

actual teacher can differ if necessary.
*KY = Regular Kundalini Yoga Class

- 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 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					
<i>Sadhana (morning practice) is by donation</i>				Pilates	1 mth	3mts
<i>Student and Volunteer discount available</i>				US\$ 30	75	1 class pweek
Ask for workshop and special fees				US\$ 60	150	2 class pweek
				US\$ 90	225	3 class pweek