

KUNDALINI YOGA CAMBODIA

Programme February 2012

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Yoga and Meditation at the *Kundalini Yoga House*

Street 322 #204ZB, Phnom Penh, Cambodia

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

Facebook: Kundalini Yoga Cambodia

Email: info@KundaliniYogaCambodia.org

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 -Cheata/Sophea-	06:00-07:30 Sadhana morning practice English/Khmer -Kimhong-
09:30-11:00 KY class English/Khmer -Seila-	-starting 25 Feb- 08.30-10:00 Post Natal Yoga -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 -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-		REIKI Practice Sat 18 Feb 09.00-11.00		TEACHER TRAINING next session March 1 - 4	
	10:00-11:30 pregnancy Yoga on request -Rothana-	Radiate Confidence Kriya Practice for Balance & Strength Sat 25 Feb 09.00-12.00				
Valentine Meditation "True Love" Sat 11 Feb 09.00-12.00 and special meditations during classes on 14 Feb		12:15-13:15 Lunch Class on request English/Khmer -Maria Jose-			12:15-13:15 Lunch Class on request English -Maria Jose-	
		18:00-19:30 KY class English -Rachael-	18:00-19:30 KY class English/Khmer -Pirong/Tonie-		18:00-19:30 KY class English -Anna-Mari- pregnancy yoga English/Khmer on request	

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 & Thu (12:15-13:15pm)

KIDs Class

Sun (9:30-11:00am) & Private

(Please register a day in advance)

actual teacher can differ if necessary.

*KY = Regular Kundalini Yoga Class

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				Pilates	1 mth	3mts
Student and Volunteer discount available				US\$ 30	75	1 class pweek
Ask for workshop and special fees				US\$ 60	150	2 class pweek
				US\$ 90	225	3 class pweek

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