

# KUNDALINI YOGA CAMBODIA

## Programme January 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 <b>Sadhana</b> morning practice English/Khmer -Kanika-	07:00-08:30 <b>Sadhana</b> morning practice English/Khmer -Mlis/Rothana-	06:00-07:30 <b>Sadhana</b> morning practice English/Khmer -Hak-	06:00-07:30 <b>Sadhana</b> morning practice English/Khmer -Kanika-		06:00-07:30 <b>Sadhana</b> morning practice English/Khmer -Cheata/Sophea-	06:00-07:30 <b>Sadhana</b> morning practice English/Khmer -Kimhong-
09:30-11:00 <b>KY class</b> English/Khmer -Seila-	09:30-11:00 <b>KY class</b> English/Khmer -Pirong-  <b>KIDs class</b> on request English/Khmer -KY Team-	8:30-9:30 <b>Pilates class</b> French -Anne-	8:30-9:30 <b>Pilates class</b> French -Anne-  08:30-10:00 <b>KY class</b> English -Rachael-	8:30-9:30 <b>Pilates class</b> French -Anne-	8:30-9:30 <b>Pilates class</b> French -Anne-  08:30-10:00 <b>KY class</b> English -Rachael-	8:30-9:30 <b>Pilates class</b> French -Anne-
	10:00-11:30 <b>pregnancy Yoga</b> on request -Rothana-	Meditation Day "HealingEarth" Sat 14 Jan 09.00-17.00		REIKI Practice Sat 21 Jan 09.00-11.00		TEACHER TRAINING Thu 26 - Sun 29 Jan
		12:15-13:15 <b>Lunch Class</b> on request English/Khmer -Maria Jose-	14:45-16:00 <b>KIDs class</b> on request English/Khmer -KY Team-		12:15-13:15 <b>Lunch Class</b> on request English -Maria Jose-	
		18:00-19:30 <b>KY class</b> English -Rachael-	18:00-19:30 <b>KY class</b> English/Khmer -Pirong/Tonie-		18:00-19:30 <b>KY class</b> English -Rachael- <b>pregnancy yoga</b> English/Khmer on request	

#### On request classes

##### Pregnancy Yoga

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

##### Postnatal Class

Mon & Fri (10:30-12:00pm)

##### Lunch Class

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

##### KIDs Class

Sun (9:30-11:00am) & Tue  
(14:45-16:00pm) & 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				<b>Pilates</b> 1 mth 3mts		
Student and Volunteer discount available				US\$ 30	75	1 class pweek
<b>Ask for workshop and special fees</b>				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

#### Naturopathic Therapy *With Shizu*

Nutrition Counseling, Bach Flower Therapy, Facial Lift Up, Reflexology, Pregnancy and deep Tissue Massage