



### NEWSLETTER

ISSUE No. 34

1 February, 2012

Dear Friends,

On 14 February it is Valentine's Day, a day to do something special for those who are special to you. It is an event that becomes more and more popular and widespread and, similar as for many other events on the annual calendar -Mother's Day, Father's Day, Teacher Day, Doggy Day, to name a few- it is a time for highly stimulated buying and compulsory friendliness. "Pamper your special someone...", it says in one of the many advertisements, immediately moving on to promote "gadgets, accessories, escapades, ..."

Definitely, Valentine's Day and the other days are a great occasion to step back for a moment and realize how fortunate we are to have people around us who are special to us, sharing their kindness, sharing their love. Sadly, the commercialized social pressure seems to take away some of the creative immediate spontaneity we feel and express when acknowledging the special-ness of someone, and replaces genuine appreciation and joy with expectations for and comparison of those many "gift options," inevitably leading to disappointment, worry and fear.

At the occasion of Valentine's Day, this month at the Kundalini Yoga House we will dig a bit into these issues. On **Saturday 11 February (9am-12pm)**, Tonie will lead a **meditation morning** in which we will explore the dimensions of expressing "True Love". During the classes on **Tuesday 14 February (6am, 8.30am and 6pm)** we will practice **kriyas and meditations** that **Open the Heart Center** and help build our capacity to **Establish Authentic Relationships**.

On **Saturday 25 February (9am-12pm)**, Kanika will facilitate a morning of **kriya practice**, focusing on our capacity to speak and act effectively in a balanced and neutral way, putting our complete personality behind our words and actions. "**Radiate Confidence**" is about the connection between our inner strength, our intuition and loving kindness and our capacity to express ourselves.

Also this month, there is another session for those who like to very practically express their love and care through the practice of "**Reiki Healing**". On **Saturday 18 February (9-11am)**, there will be another **practice session** for those who have practiced Reiki before and those who would like to get to know this healing practice.

We hope we can share with many friends and that we can welcome you at the Kundalini Yoga House.

Kundalini Yoga Cambodia Team

Read more about the experiences and results of the Kundalini Yoga Cambodia programme. Visit us on FaceBook ([Kundalini Yoga Cambodia](#)) or go to [www.KundaliniYogaCambodia.org](http://www.KundaliniYogaCambodia.org).

#### Events in February and March

**Saturday 11 February – Valentine Meditation – "True Love".**

**Saturday 18 February – Reiki Practice**

**Saturday 25 February – "Radiate Confidence". Kriya Practice for Balance & Strength**

**Thursday 1-4 March – International Teacher Training Certification Course, level 1, module 2**



## Kundalini Yoga Cambodia

	Sat	Sun	Mon	Tue	Wed	Thu	Fri
06:00-07:30			Sadhana -Hak-	Sadhana -Kanika-		Sadhana -Cheata/Team-	Sadhana -Kimhong-
07:00-08.30	Sadhana -Kanika-	Sadhana -Rothana-					
8:30-9:30			Pilates Class -Anne-	Pilates Class -Anne-	Pilates Class -Anne-	Pilates Class -Anne-	Pilates Class -Anne-
08.30-10.00		-starting 25 Feb Post Natal Yoga		'KY class' -Rachael-		'KY class' -Rachael-	
09.30-11.00	'KY class' -Seila-	'KY class' -Pirong- <b>-on request-</b> "Kid's Yoga"	<b>REIKI Practice</b> Sat 18 Feb 09.00-11.00			<b>TEACHER TRAINING</b> next session March 1 - 4	
10:00-11:30		<b>-on request-</b> Pregnancy Yoga -Rothana-	<b>Radiate Confidence</b> Kriya Practice for Balance & Strength Sat 25 Feb 09.00-12.00				
12.15-13.15	<b>Valentine Meditation</b> <b>"True Love"</b> Sat 11 Feb 09.00-12.00 and special meditations during classes on 14 Feb		<b>-on request-</b> 'Lunch class' -Maria Jose-			<b>-on request-</b> 'Lunch class' -Maria Jose-	
18:00-19:30			'KY class' -Rachael-	'KY class' -Pirong/Tonie-	<b>-on request-</b> Pregnancy Yoga		

<b>Kundalini class</b>	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>		<b>Pilates</b>		1 mth	3mts		
<i>Student and Volunteer discount available</i>		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		

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