



Kundalini Yoga Cambodia

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NEWSLETTER

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Dear Friends,

At the beginning of 2012 we celebrate the fifth anniversary of the Kundalini Yoga Cambodia programme. Working on this project since its start in January 2007 has been an exciting experience.

Over the last five years the project has gone through many ups and downs. Manifesting its objectives; working as a team; building a community and dealing with not always supportive circumstances has brought out many virtues and talents in our team and has been great learning.

We have gained valuable experience and a lot of anecdotal evidence to show that practicing Kundalini Yoga and Meditation does not only improve the general health condition of students but also helps to release stress, provides mental balance and helps to build personal strength and self-confidence. The practice is a good entry point to work on behavior and life skills. Through the practice many students find clarity and direction for their lives.

We have now trained many teachers, Cambodian and International, at different levels who are actively teaching at the Kundalini Yoga House and in local communities.

Our activities now reach out to, among others, a community living with HIV/Aids, a refuge for girls and young women, orphanages, a rural community development project, young people living in low-income and re-settlement communities. Daily morning yoga classes on one of the national TV channels reaches out into the provinces and rural communities.

Based on our experience from the last years we feel confident that the vision of the Kundalini Yoga Cambodia programme continues to be relevant and achievable.

All of this could not have been achieved without the support of our Cambodian and international teachers, students, sponsors and the growing Kundalini Yoga community. We hope we can count on your support for the future as well.

Wishing you a Healthy, Happy and Successful 2012 and a Prosperous Year of the Dragon... We look forward to be able to continue to serve you as good as we can in the coming year

Kundalini Yoga Cambodia Team

Read more about the experiences and results of our programme on our website (www.KundaliniYogaCambodia.org) or visit us on FaceBook ([Kundalini Yoga Cambodia](#)).

Events in January

Saturday 14 January – Meditation Day – “Healing Earth”, a creative art, yoga and meditation workshop facilitated by Rachael and Carry. The venue is Ragamuffin House (str 12BT #123A). Time: 9am-5pm.

Saturday 21 January – Reiki Practice – at the Kundalini Yoga House. Time: 9-11am

Thursday 26 till Sunday 29 January – International Teacher Training Certification Course, level 1, module 1 - at the Kundalini Yoga House. Time: 6am-5.30pm



Kundalini Yoga Cambodia

	Sat	Sun	Mon	Tue	Wed	Thu	Fri
06:00-07:30			Sadhana -Hak-	Sadhana -Kanika-		Sadhana -Cheata/Team-	Sadhana -Kinhong-
07:00-08.30	Sadhana -Kanika-	Sadhana -Mlis/Rothana-					
8:30-9:30			Pilates Class -Anne-	Pilates Class -Anne-	Pilates Class -Anne-	Pilates Class -Anne-	Pilates Class -Anne-
08.30-10.00				'KY class' -Rachael-		'KY class' -Rachael-	
09.30-11.00	'KY class' -Seila-	'KY class' -Pirong- -on request- "Kid's Yoga"					
10:00-11:30		-on request- Pregnancy Yoga -Rothana-					
12.15-13.15			-on request- 'Lunch class' -Maria Jose-			-on request- 'Lunch class' -Maria Jose-	
14:45-16:00				-on request- 'Kid's Yoga"			
18:00-19:30			'KY class' -Rachael-	'KY class' -Pirong/Tonie-		'KY class' -Anne Mari- -on request- Pregnancy Yoga	

REIKI Practice
Sat 21 Jan 09.00-11.00

TEACHER TRAINING
Thu 26 - Sun 29 Jan

Meditation Day
"Healing Earth"
Sat 14 Jan 09.00-17.00

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

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			
Student and Volunteer discount available				1 mth	3mts		
Ask for workshop and special fees				US\$ 30	75	1 class pweek	
				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.

E-mail: info@KundaliniYogaCambodia.org

Website: www.KundaliniYogaCambodia.org

Facebook: [Kundalini Yoga Cambodia](#)

In case you don't want this information any longer, please let us know.