



# Kundalini Yoga Cambodia

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### NEWSLETTER

<p><b>ISSUE No. 10</b></p> <p>Sat Nam Everyone,</p> <p>In January Kundalini Yoga House hosted the first full day of Pre-Teacher Training for the children from Wat Opot community and from Lake Side community school. Ten people joint the training. It was a great day and we would like to say "Thank You" to all our donors that support us to train these young people. We expect that after four or five of such intensive days they will be able to fulfill their wish and start teaching yoga and meditation in their communities.</p> <p>The next <b>Pre-Teacher Training</b> day is scheduled for <b>Sunday 21 February</b> and will again be facilitated by Sorita and Kanika. We hope that some students from the House of Family and the House of Smiles can join that day as well.</p> <p>The Kundalini Yoga team finished the Pre-Teacher Training for PSE staff and teachers. All teachers completed the requirements and passed the written exam and we will have a certificate ceremony in February.</p> <p><b>SPECIAL</b> in February, an other weekend of Kundalini Yoga and Meditation. As part of this weekend Hanneke will facilitate two days of <b>Reiki Healing, level 1 training</b>. This weekend will be on Saturday and Sunday <b>27 and 28 February</b>.</p> <p>Reiki is a gentle, non-intrusive healing technique that is often used as complementary therapy. Providing Reiki healing is not limited to specialized healers, but can be given by everyone who wants to support one self and others, friends and loved-ones, in times of illness and distress. In Reiki we use universal healing energy to balance, heal and harmonize body and mind, emotions and spirit, to achieve calmness, relaxation and a state of well-being.</p>	<p style="text-align: right;"><b>February 01, 2010</b></p> <p><b>Sunday 14 February</b>, join us to celebrate <b>Chinese New Year AND Valentine's Day</b>. We hope many Kundalini Yoga friends will join us this morning. We plan to offer some <b>special sadhana and morning class with kriyas and gong meditations for prosperity and well-being</b>.</p> <p>The "<b>Full Moon Meditation</b>" in February will be on <b>Sunday the 28th</b> on the second day of the Kundalini Meditation and Reiki Healing weekend. Join Sadhana and the morning class on this day for the special 31 minutes full moon meditation!</p> <p>And <b>Thursday 11, 18 and 25 February</b> Tonie will teach the evening class (at 6pm) while Rachael is traveling. An other opportunity for an exciting Kundalini Yoga and Meditation experience. During February Tonie will teach some of the sadhanas on weekdays as well. Check the notice board in the Kundalini Yoga House for details.</p> <p>We look forward to seeing you at The House !</p> <div style="border: 1px solid black; padding: 5px;"> <p>For your schedule:</p> <ul style="list-style-type: none"> <li>• Reiki Healing, level 2 on Saturday 24 and Sunday 25 April</li> <li>• Kundalini Yoga Retreat on 13 - 16 May.</li> </ul> <p>Watch this space or visit our website for more information.</p> </div> <div style="border: 1px dashed black; padding: 5px;"> <p><b>Meet the teachers at the Kundalini Yoga House</b></p> <p>Join any class at the Kundalini Yoga House and you find a qualified teacher taking you through a more or less similar sequence of breathing and physical exercises, relaxation and meditation. Although similar, each teacher adds his or her signature to the class, be it a strenuous workout, or a flow of movement accompanied by well selected music, or a class focused on concentration and awareness, or a mix of it all. Try a class with different teachers and at different times of the days and enjoy the richness and diversity of Kundalini Yoga!</p> </div>
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# Kundalini Yoga Cambodia

## Regular Schedule

Sat	Sun	Mon	Tue	Wed	Thu	Fri
07.00-08.30 Sadhana -Kanika-	07.00-08.30 Sadhana -Sorita-	06.00-07.30 Sadhana For seniors (and juniors!) -Kimhong-	06.00-07.30 Sadhana For seniors (and juniors!) -Kanika-		06:00-07:30 Sadhana For seniors (and juniors!) -Vannac-	06:00-07:30 Sadhana For seniors (and juniors!) -Kimhong-
09.30-11.00 'KY class' -Sorita-	09:30-11:00 'KY class' -Kyra-	08.30-10.00 'KY class' Learning KY postures -Vannac-	08.30-10.00 'KY class' -Mindy-		8:30-10:00 'KY class' -Mindy-	8:30-10:00 'KY class' -Kanika-
	10:00-11:30 'Yoga for pregnant women' -Sorita-				14:00-15:15 'Pre-Teacher Training' 15:30-17:00 'Class and Practice' -Vannac-	
		18:00-19:30 'KY class' -Kimhong-	18.00-19.30 'Practice- Meditation- 'Healing' -Sorita-		18:00-19:30 'KY class' -Rachael- 11, 18, 25 Feb -Tonie-	18:00-19:30 'KY class' -Vannac-

<p><b>Walk-in Fees:</b> 4 USD for Cambodians, 9 USD for foreigners</p> <p><b>10-class pass (valid 3 months):</b> 30 USD (Cambodians) 70 USD (foreigners)</p> <p><b>1-month Membership (all scheduled classes):</b> 50 USD (Cambodians) 120 USD (foreigners)</p> <p><i>Sadhana (morning practice) is by donation Student and Volunteer discount available</i></p> <p><b>Special classes: (ask for fees)</b> * Yoga for Back and Neck Problems, * Energy Healing and Reiki Healing, * Private classes, * Yoga, Meditation and Lifestyle counseling.</p>
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<p style="text-align: center;"><b>Pre-Teacher Training</b></p> <p style="text-align: center;">Now available on Thursdays 14:00-15:15 (Pre-Teacher Training) 15:30-17:00 (class/students practice)</p>
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### Teacher Training (Level 1. International Certification Course)

Check our website for any updates.

Kundalini Yoga Cambodia - Street 302, #42E1, Phnom Penh, Cambodia  
E-mail: [info@KundaliniYogaCambodia.org](mailto:info@KundaliniYogaCambodia.org) - Website: [www.KundaliniYogaCambodia.org](http://www.KundaliniYogaCambodia.org)

*In case you do not want to receive this email any longer, please let us know.*