

KUNDALINI YOGA CAMBODIA

Programme March 2011

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Yoga and Meditation at the *Kundalini Yoga House*

Street 322 #204ZB, Phnom Penh, Cambodia

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 -Tonie/Mlis-	06:00-07:30 Sadhana morning practice English/Khmer -Mlis-	06:00-07:30 Sadhana morning practice English/Khmer -Kanika-		06:00-07:30 Sadhana morning practice English/Khmer -Rothana-	06:00-07:30 Sadhana morning practice English/Khmer -Mlis-
09:30-11:00 'KY class' English/Khmer -Mlis-	09:30-11:00 'KY class' English -Anna-Mari- 'KIDs class' on request English/Khmer -Rothana-	08:30-10:00 'Advanced class' English/Khmer -Sorita- 08:30-9:30 'Pilates' French -Anne Giroux-	08:30-10:00 'KY class' English -Mindy-		8:30-10:00 'KY class' English -Mindy-	8:30-10:00 'KY class' English/Khmer - Kanika - 08:30-9:30 'Pilates' French -Anne Giroux-
	10:00-11:30 'pregnancy Yoga' -Sorita-	Special Events This Month - Reiki Practice – Sat 12 March - “Radiant Woman” – Sat 19 March - “Experience your innocence” – Sat 26 March				10:00-11:30 'pregnancy Yoga' -Sorita-
		12:15-13:15 'Lunch Class' English/Khmer -Team-			12:15-13:15 'Lunch Class' English -Eleanor-	
Pilates <i>Mon Wed, Fri 8.30-9.30am</i> <i>Mon, Fri 18.00-19.30pm</i> Advance Class <i>Mon 8:30-10am, Tue 18:00-19:30pm</i> Lunch Class <i>Mon & Thu 12:15-13:15pm</i>		18:00-19:30 'KY class' English -Rachael- 18:00-19:00 'Pilates' French -Anne Giroux-	18:00-19:30 'Advanced Class' English -Tonie/Eleanor-		18:00-19:30 'KY class' English -Rachael- 'pregnancy Yoga' -Rothana-	18:00-19:30 'KY class' English/khmer -Seila- 18:00-19:00 'Pilates' French -Anne Giroux-

Actual teacher can differ if necessary.

*KY = Kundalini Yoga

- Workshops, Private Classes, Kids Classes
- Specialized Yoga for Back and Neck Problems (On request)
- Private Classes
- Yoga, Meditation and lifestyle counseling

- Reiki and Energy Healing
- Yoga and Art therapy

Kundalini class	Walk-in Fee	10-class pass	lunch class	Membership	1mth	6mth	1yr
Cambodians	US\$4	US\$30	3\$	US\$	48	240	369
Foreigners	US\$9	US\$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

STARTING 7 MARCH
Pilates with Anne Giroux
and Kundalini Morning class
on Monday and Friday

More Information/Registration:

Phone: 012-356 065 (Khmer)/ 092-429 835 (English)

Email: info@KundaliniYogaCambodia.org

Web: www.KundaliniYogaCambodia.org

We are closed for
Khmer New Year
(Mon 11 - Sun 17th April)

Full Moon
Meditation
Sat 19th March