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NATARAJ
YOGA



January 2012

UPCOMING EVENTS

Introduction to Meditation Workshop with Oskar Nery

January 14 at 13:00-15:30 \$20

This Workshop is for everybody interested in beginning a meditation practice or for those looking for new techniques.

Yoga and Trekking weekend at The Vine Retreat January 20-22

Yoga is for YOUR body EVERY body !

Join Alison for a delightful weekend of yoga meditation and a 5 hour guided walk in the jungle hills.

It will be wonderful, but more so if you are with us too!

From \$215 per person in shared room, for detail contact 012 739 419, 012 739 284

Redifining Trauma Workshop January 28th at 13:00-16:00 \$25

Join Stacy Simms to understand how trauma and stress are reflected in the body. Stacy is a recognized movement educator and founder of True Movement a simple exercise program designed to restore alignment, strength and balance.

This workshop is for anyone interested in learning how trauma and stress habituate in the body.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	08:30-09:45 Yoga Flow Alison			08:30-09:45 Yoga Flow Alison	10:30-12:00 Yoga Flow Alison	10:00-11:00 Pilates Kate
12:20-13:30 Yoga Flow Alison		12:20-13:30 Yoga Focus Alison	12:20-13:30 Yoga Focus Piseth			11:15-12:45 Yoga Flow Alison/Oskar
18:30-19:45 Yoga Intro Alison	18:30-19:45 Yoga Flow Alison	18:30-19:45 Yoga Intro Oskar	18:30-19:45 Yoga Focus Alison		15:00-16:15 Yoga Intro Vannac	16:30-17:30 Community (by donation)
18:30-19:45 Yoga Focus Ruth/Dephine	18:30-19:30 Pilates Kate	18:30-19:45 Yoga Focus Ruth/Dephine	18:30-19:30 Pilates Kate	18:00-19:15 Yoga Intro Oskar		

1 class = \$9; 10 class = \$80; Intro pass = \$50. Other rates for volunteer and Khmer available please call for details.

Announcements

Specail Offer : Buy a **10 class pass** and get **1 extra class free**. Buy **20 class pass** and get **2 extra class free**.

\$2 off when you buy an Intro Pass if joining with a friend.

Offer for January only !

New Offer: Massae Thearaphy at NataRaj Yoga now available, for detail call 012 385930

***Private Classes available in English & Khmer.**