

## September 17-19

### Weekend Retreat

with Oskar Nery and Yan Vannac, at The Vine Retreat, Kep.

Price starts at \$160 pp for a shared room, includes meals, morning yoga and meditation, and transportation between The Vine and NataRaj.

This is the first of monthly yoga retreats out of NataRaj. See website for details.

## October 22-24

### Amanda Reid, Kids Yoga Teacher Training workshop

For educators, yogis and counsellors. Minimal background in yoga is necessary to learn how to use Kids Yoga games, activities and techniques to work with kids from various backgrounds, including those with trauma and learning disabilities.

# NATARAJ ' YOGA



#### EARLY MORNING CLASSES:

Please inform a NataRaj teacher if you are interested in 6:00-7:30 am Ashtanga classes during the week. Before you request that it go on the schedule, however, please consider honestly if you would be likely to come.

# September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:45 <b>Open</b> Alison			8:30-9:45 <b>Open</b> Alison	10:30-12:00 <b>Open</b> Alison	10:00-11:00 <b>Pilates</b> Kate
12:20-13:30 <b>Open</b> Alison		12:20-13:30 <b>Open</b> Alison				11:15-13:00 <b>Ashtanga</b> Oskar
18:30-20:00 <b>Open</b> Vannac	18:30-20:00 <b>Advanced</b> Alison		18:30-20:00 <b>Yoga Nidra</b> Oskar (by donation)	17:30-18:45 <b>Intro</b> Alison	15:00-16:15 <b>Intro</b> Vannac	<b>Community Yoga</b> (by donation)
18:30-19:45 <b>Intro</b> Alison	18:30-19:30 <b>Pilates</b> Kate	18:30-19:45 <b>Intro</b> Oskar	18:30-19:30 <b>Pilates</b> Kate		16:30-17:30 <b>Meditation</b> (free)	

#### Additional Announcements:

Please note that all classes on the weekend of September 10-12 will be taught by substitute teachers, as Oskar and Alison will be away.

**NataRaj Yoga will be closed during Pchum Ben**, from October 6-10. Classes will resume according to the normal schedule on Monday, October 11.

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#### Pricing

Reg drop-in	\$9	
Reg 10-class pass	\$80	Expire 3 mo
Reg 20-class pass	\$135	Expire 4 mo
INTRO pass	\$50	Expire 1 mo
Khmer drop-in	\$5	
Khmer 10-class	\$35	Expire 3 mo
INTRO pass	\$20	Expire 1 mo
Volunteer 10-class	\$65	Expire 3 mo
Class-pass extension	\$5	For 1 mo