



Kundalini Yoga Cambodia

កុនដាលីនីយ៉ូហ្គា កម្ពុជា

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What to bring to a class?

At the class venue, yoga mats, cushions and drinking water are provided. There is also a location to change clothes. You do not need any special equipment or clothing.

To enjoy the class, you may like to bring:

- * your own yoga mat,
- * a small bottle of water you can carry with you,
- * a cotton towel or cloth to make sitting and lying on the yoga mat more pleasant
- * for early morning and evening sessions something warm (a vest or a shawl) may be nice as it can be a bit chilly at times
- * insect repellent for early morning and evening classes.

What to wear during a class?

No special clothes are required. We suggest you wear light, loose-fitting clothes, made of natural fiber. Skirts are not advisable.

Dark clothes attract mosquitoes.

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Who can attend?

The yoga sessions are accessible to persons of all ages. People with physical disabilities or health problems can attend as well, but are advised to consult with their health practitioner first. In general, most people who are able to walk, to move, stand and walk independently can join, and exercises can be adapted to specific individual conditions.

Pregnant women can join classes but may not be able to do certain exercises. Classes for pregnant women, or for women who have given birth, which have specially selected exercises can be a good preparation for giving birth, and beneficial to recover and to regain body shape and flexibility and strength.

For children, the regular classes for adults may not be so interesting. Yoga and meditation classes which are especially focused at children and different age groups can be a lot of fun, though.

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