



**KUNDALINI YOGA THAILAND**  
AS TAUGHT BY YOGI BHAJAN  
THE KUNDALINI YOGA COMMUNITY OF THAILAND



**WEEKLY SCHEDULE: Starting 14 Sept '09**

For Registration, Please contact  
Kundalini Yoga Thailand Centre  
Phone: 084-931-9009, 087-055-4787  
[www.kundaliniyogathailand.org](http://www.kundaliniyogathailand.org)

**KIARTI THANEE CITY, Mezannine Floor - The Learning Hub, SOI SUKHUMVIT 31 (SAWASDEE)**

Date/Time	06.00-07.30	08.30-10.00	10.30-12.00		13.30-15.00	15.30-17.00	17.30-19.00
Monday					*Donation Class* Suntareeya (Eng/Th)	Prateep (Eng/Th)	Suntareeya (Eng/Th)
Tuesday	Satya (Eng)		Parampreet Kaur (Eng/Th)			Suntareeya (Eng/Th)	Suntareeya (Eng/Th)
Wednesday	Chatarbir (Eng)		Prateep (Eng/Th)			Akarat (Eng/Th)	Akarat (Eng/Th)
Thursday	Satya (Eng)	2nd Thu/month Tien (Eng/Th/ French) 9.00 -10.30	Prateep (Eng/Th)		Chatarbir (Eng)	Akarat (Eng/Th)	
Friday			Karuna (Eng/Th) (Start 16th Oct onward)				
Saturday		Suntareeya/Akarat (Eng/Th) weekly Sadhana teacher	Karuna (Eng/Th) (Start 16th Oct onward)		Karuna (Eng/Th) (Start 16th Oct onward)		
Sunday	<b>Satya (Eng)</b>						

**Teachers' direct contact numbers:**

Name	Telephone	Email	Name	Telephone	Email
Satya	089-212-1782	<a href="mailto:shaw83@hotmail.com">shaw83@hotmail.com</a>	Tien	087-055-4787	<a href="mailto:tienghia@hotmail.com">tienghia@hotmail.com</a>
Karuna	081-858-5485	<a href="mailto:kthakwan@gmail.com">kthakwan@gmail.com</a>	Ram (Akarat)	082-495-9444	<a href="mailto:ramharisingh@windowslive.com">ramharisingh@windowslive.com</a>
Prateep	085-961-6582	<a href="mailto:prateep2500@yahoo.co.th">prateep2500@yahoo.co.th</a>	Chatarbir	086-565-0371	<a href="mailto:chatarbir@yahoo.com">chatarbir@yahoo.com</a>
Tun	084-931-9009	<a href="mailto:suntareeya@gmail.com">suntareeya@gmail.com</a>	Parampreet(Pamela)	081-257-5585	<a href="mailto:peroesta@gmail.com">peroesta@gmail.com</a>