

# KUNDALINI YOGA

## AS TAUGHT BY YOGI BHAJAN

If we meditate, we get mental and spiritual benefits. If we exercise, we get physical benefits. With Kundalini Yoga we get all three.

**Kundalini Yoga** is a technology that with regular practice can help us to achieve:

**Physical Wellness:** a healthy body, good energy and stamina.

**Mental Clarity:** a peaceful and happy mind. **Spiritual Elevation:** awareness and insight.

**Kundalini Yoga**, the 'yoga of awareness', is a dynamic blend of all Yogic Aspects: breathing (Pranayama), posture and body movements (Asana & Kriya), sound currents (Mantra), hand positions (Mudra), body alignment and locks (Bandha). Together and in sequence, they bring specific results, to teach the art of relaxation, self-healing and elevation.

[www.kundaliniyogathailand.org](http://www.kundaliniyogathailand.org)

### Thailand Teacher Directory

#### BANGKOK – HUA HIN – SAMUI ISLAND



#### BANGKOK

**Susan Adler-Shaw 'Satya'** (English)

**Date/Time:** Sun 08:00-09:40

**Place:** Soimane Yoga Center  
Soi Kasemsan 2 (Soi Jim Thompson),  
Rama 1, BTS: National Stadium (opp. MBK)  
**Email:** satya\_satnam@yahoo.com

**Nguyen Tien Nghia 'Tien'**  
(Thai/English/French/Dutch/Vietnamese)

**Place/Date/Time:**  
J.W. Marriott Hotel at Sukhumvit Soi 2  
- last Thursday of the month, 18:00-19:30, and  
Phaholyothin Soi 4  
- Tue at 07:15-08:45  
**Email:** tienghia@hotmail.com

**Sheila Rank 'Sundera'** (English)  
**Place:** Ruamrudee Ploenchit, BTS: Pleonchit  
**Remark:** Private lessons at Ruamrudee or at  
location by request. Weekly classes at  
Ruamrudee. Please contact to inquire.  
**Email:** she@ashayogawear.com

**Prateep Petsongsri** (Thai)  
**Date/Time:** Mon, Tue 09:00-10:30  
**Place:** Ramkhamhaeng, Hua Mak  
**Remark:** Will teach at location on request  
**Email:** prateep2500@yahoo.co.th

**Annick Hemsin** (Thai/English)  
**Date/Time:** Mon 19:00-21:00, Tue 13:30-15:30  
**Place:** Rama 4, Sathorn  
**Email:** annickhemsin@hotmail.com

#### PATHUM THANI

**Marie-France Champagne 'Sundera'**  
(English/French)  
**Date/Time:** Wed 16:30-18:00  
**Place:** Asian Institute of Technology  
(Next to Thammasat Rangsit Campus/  
Khlong Luang, Pathumthani)  
**Remark:** Private lessons at location on request  
**Email:** mfchampagne@gmail.com

#### HUA HIN

**Tonie Nooyens & Hanneke Meijers**  
(English/Dutch)  
**Email:** hanton@loxinfo.co.th

#### SAMUI ISLAND

**Sasidhorn Thanomngern 'Faeng'**  
(Thai/English)  
**Date/Time:** Fri 07:00-08:30  
**Place:** Kamalaya, Yoga Pavillion  
**Remark:** Please confirm in advance  
**Tel:** 077-429800 ext. 1700  
**Email:** bhaktamamadhuri@yahoo.com

All Kundalini Yoga teachers listed here are Internationally Certified or student-teachers of the Level 1 KRI Teacher Training Program

[www.kundaliniyoga.org](http://www.kundaliniyoga.org) [www.3ho.org](http://www.3ho.org)

#### KUNDALINI YOGA ASIA EVENTS – RETREAT AND WORKSHOPS – OCTOBER 2007 BANGKOK

Visit our website at [www.kundaliniyogathailand.org](http://www.kundaliniyogathailand.org)  
For more information: Contact Bill Savage at [event-info@kundaliniyogathailand.org](mailto:event-info@kundaliniyogathailand.org)