essence of health

body mind spirit

PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 10:30	Yoga	Qi gong	Yoga			Yoga
11:00 – 12:00		Meditation workshop*		Meditation workshop*		Meditation workshop*
12:15 – 13:15		Yoga		Yoga		
18:00 – 19:30	Tai chi		Martial art	Qi gong		

For all activities we recommend that comfortable and loose-fitting clothes are worn. No level required. For yoga and meditation, please bring a towel or a pareo.

* Meditation workshop is aimed to people who want to discover and learn meditation.

Prior registration required. m: 0889 235 306 - email: info@essenceofhealth.vn

Essence of Health – 8A Street 112 – Phsa Depo III – Toul Kork – Phnom Penh – Cambodiia
t: +855 (0) 889 235 306 - e: info@essenceofhealth.vn - w: www.essenceofhealth.vn