



ANGKOR GRACE
Wellness Resort

Nada Yoga & Crystal Bowl Sound Healing Training (200 Hours)



2nd July - 28th
July 2025



Aum Yoga Center, Siem Reap Cambodia

WEEKLY SCHEDULE (MONDAY TO FRIDAY)

6:30 – 7:30	Sadhana (Asana + Pranayama) (Jala Neti on Wed & Fri)
7:30 – 8:30	Morning Yoga Class
8:30 – 9:30	Breakfast (Non-Contact)
9:30 – 10:30	Self Study / Rest (Non-Contact)
10:30 – 11:30	Yoga Philosophy
11:30 – 12:30	Asana Alignment & Teaching Methodology
12:30 – 1:30	Lunch (Non-Contact)
1:30 – 3:00	Self Study / Rest (Non-Contact)
3:00 – 4:00	Anatomy (30 min Theory + 30 min Practical)
4:00 – 5:00	Multi-Style Yoga Class
5:00 – 6:00	Evening Practice: <ul style="list-style-type: none">• Mon & Tue – Pranayama + Meditation• Wed & Thu – Crystal Bowl Sound Healing Workshop• Fri – Bhakti Yoga, Vedic Mantra & Kirtan
7:30	Dinner (Non-Contact)
9:00	Daily Journal (Non-Contact)

SATURDAY (HALF-DAY INTEGRATION SCHEDULE)

6:30 – 7:30	Sadhana + Jala Neti
7:30 – 8:30	Morning Yoga
8:30 – 9:30	Breakfast (Non-Contact)
9:30 – 10:30	Self Study / Rest (Non-Contact)
10:30 – 12:00	Yin Yoga & Sound Healing
Rest of Day	Free Time / Integration (Non-Contact)

SUNDAY IS A FULL DAY OFF FOR REST, REFLECTION, OR EXPLORATION.

Contact



www.vigeoretreats.com



contact@vigeoretreats.com



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SPORTS