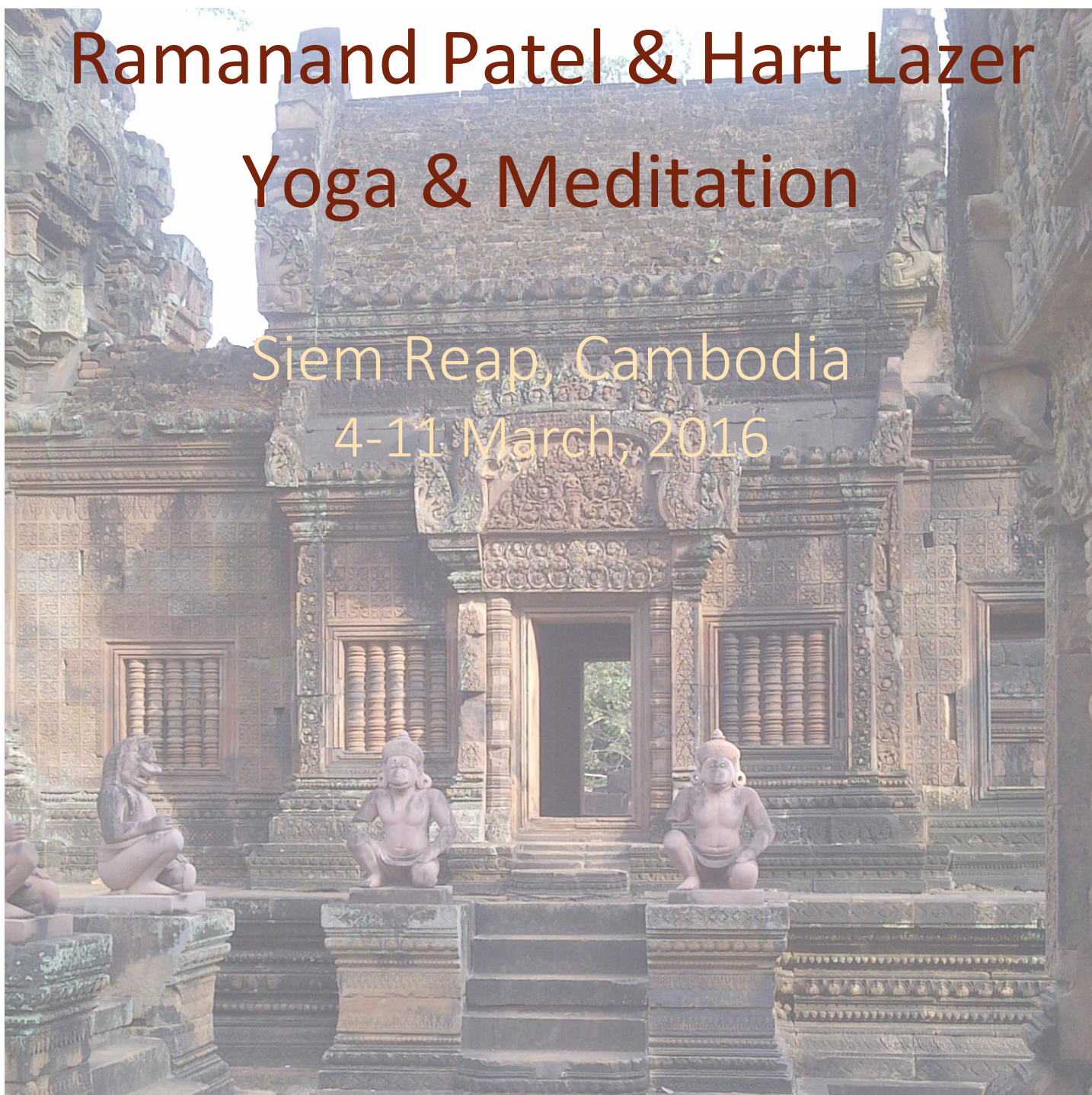


# Ramanand Patel & Hart Lazer

## Yoga & Meditation

Siem Reap, Cambodia  
4-11 March, 2016



A week-long yoga and meditation retreat at the **Navutu Dreams Resort** in Siem Reap, Cambodia. An opportunity to explore deeper into your practice with two master teachers in a small group setting in a relaxed environment. The resort offers comfortable accommodation with quality fresh organic meals serving Khmer as well as Western vegetarian dishes. The yoga studio is fully equipped with props. Siem Reap is an excellent place to learn about Khmer culture and is near the temples of Angkor, relics of Hindu and Buddhist religious tradition.

**Ramanand Patel** has been a teacher of teachers in the Iyengar tradition. He is also deeply influenced by the Vedantic teachings of Swami Dayananda as well as the philosophy of J. Krishnamurti. He shares this knowledge with sincerity and humour. Ramanand has been a leading yoga instructor world-wide since 1968. For more information visit: [www.yogirama.com](http://www.yogirama.com)

**Hart Lazer** is internationally recognized as a teacher of yoga teachers. Systematic, profound, thorough, sensitive and challenging, he is a master at teaching asana, having studied closely with Ramanand Patel for many years and undertaken a serious study of Ashtanga yoga. In recent years Hart has explored the effects of Buddhism, yoga and trauma on the body and has developed a multi-dimensional approach to working with human difficulties. For more information visit: [www.hartlazer.com](http://www.hartlazer.com)

### Information and Registration

Payment in full:

Early registration discount  
before Sept. 15: \$1850 USD  
Regular registration deadline  
before Oct. 31: \$2350 USD

Payment in installments:

Available with additional fees  
Fees based on double occupancy  
Includes daily healthy breakfast  
and lunch  
4 hours of daily asana and  
meditation sessions  
Travel not included

### Contact:

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