

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

THE INNER ART OF LOVE WORKSHOP

In this empowering workshop you will encode a new paradigm of HOW TO LOVE in your being. This stunning shift happens as you learn how to use Kundalini yoga and meditation to develop your personal relationship with Divine Love.

Love is a vibrational resonance that you can cultivate in your own psyche. You will experience Love as your mind, body and emotions synchronize with the highest expression of the two basic universal energies – STABLE MALE and FLOWING FEMALE.

Magic happens when you redirect your external search and look inside yourself for that which you most desire. You become a magnet and attract all forms of Love. You will learn how to reunite the male and female polarities of your soul. This alchemical reunion opens your heart.

Guru Rattana is traveling from San Diego CA to be with us on her second annual European tour. Don't miss this special opportunity to study with a teacher who delivers because she embodies what she teaches. With clarity, heart, humour and a focus on practical results, Guru Rattana leads you through a process to experience deep inner spiritual connection. She generously shares detailed handouts for your personal practice and for teaching your own classes.

10% Discount if booked by 31st July!

SATURDAY 5TH & SUNDAY 6TH SEPTEMBER 10:00AM – 5:00PM
FEE: £140 COMPLETE 2 DAY COURSE; £75 ONE DAY

with Guru Rattana, Ph.D.



Guru Rattana, Ph.D., trained with Yogi Bhajan from 1977. Following receipt of her Doctorate (Political Science - University of Geneva) she pursued an academic career at Dartmouth College, MIT, and New Hampshire College, and U.S. International University in San Diego, where she now lives.

She is author of three, now classic, Kundalini Yoga and Meditation Manuals – *Transitions to a Heart-Centered World, Sexuality and Spirituality* and *Relax and Renew*. Ground-breaking author and teacher, she has also written *Your Life Is in Your Chakras* and *The Destiny of Women Is the Destiny of the World*. Since 1999 she has written a free monthly astrology/Kundalini yoga on-line newsletter and offers Guru Rattana On-Line streaming video classes. Visit her at www.yogatech.com

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