

ALCHEMY

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YOGA WORKSHOPS WITH STEWART GILCHRIST

"The vedantic yogi never tires of stating that kaivalya (the ultimate goal of yoga) can be attained only by turning away from the distracting allure of the world and worshipping with single pointed attention the Atman(god); to the Tantric however - as to the normal child of the world- this notion is pathological, the wrong-headed effect of a malady of the intellect....

"I like eating sugar," as Ramprasad said, "but I have no desire to become sugar."...

Let those who suffer from the toils of samsara seek release : the perfect devotee does not suffer; for s/he can both visualize and experience life and the universe as the revelation of shakti(supreme divine force)with which s/he is in love, the all comprehensive shakti in its cosmic aspect of playful, aimless display(LILA!) - which precipitates pain as well as joy, but in its bliss transcends them both."

- Heinrich Zimmer and Joseph Campbell
"Philosophies of India."

An afternoon of lila, divine play and the delight of asana and philosophy with emphasis on the need for fun and simplicity in developing your yoga practice.



Stewart's sadhana has involved an extensive education with teachers from around the world. He has studied with Sri K Patthabi Jois (Mysore), Hamish Hendry(Ashtanga London), Sri Shreshadree (Mysore), and David Life and Sharon Gannon (Jivamukti). This method combines music, movement, meditation, devotion and spiritual activism.

**SATURDAYS 6TH JUNE; 18TH JULY; 1ST AUGUST 2009
2:00 – 4:00 PM FEE: £20 PER WORKSHOP**

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