

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

CANCER NEW MOON MEDITATION & GONG BATH WITH ROMA

The New Moon is when the Sun and Moon are together in the same sign. This opens a 2 week window for new beginnings.

Cancer is a caring sign, nurturing and emotional it embodies the energy of the Mother. With the Sun (male) and Moon (female) both in Cancer this New Moon Eclipse is calling to men and women alike to remember and honour their feminine side.

The simplest way to do this is to live from the heart. After the recent Full Moon with all its mentality and action, we can afford to rest, relax and reflect on our hearts desires and build a new vision of a more balanced future.

The Moon is at home in Cancer which rules over the Sea and her creatures. This would be a wonderful time to meditate on the water in the world and its importance to us both inside and outside the body.

Many will feel the gravitational pull to be near water and feel the soothing rhythms of the ocean. Cancer is a very healing vibration so lie back and let the soundwaves of the gong wash over you on this very special night.



Words by Alchemy Astrologer Zoe Hind

Programme:

- Brief reading on the Cancer New Moon (effect of Moon phase)
- Pranayama
- Kundalini Yoga warm up kriya
- Kundalini Yoga meditation (usually 22min)
- 30min Gong Bath

Join us at Alchemy for a sacred Kundalini Meditation & Gong Bath!

SUNDAY, 11TH JULY 2010 8:00PM - 9:15PM

FEE: £12; NO CONCESSIONS

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