

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

YOGA, ZEN & THE LAW OF ATTRACTION

"The Law of Attraction is working at all times whether we are aware of it or not. We are constantly attracting into our life what we are thinking about the most."

How do the ancient teachings of Yoga and Zen view, comment and work with this law?

How can we use our practice of yoga and meditation to bring us to a place of contentment and acceptance in our lives?

How do we attract more Abundance, Joy, Light and Love?

What do the ancient teachings tell us about the "Law of Attraction"?

How can we use yogic tools and meditation to work practically in our life?

From her background in Yoga and meditation; Hatha, Kundalini, as well as her Zen experiences Tori will be leading this practical, inspiring and informative workshop. She will be combining ancient wisdom with work from modern spiritual philosophers and leaders to investigate, unearth and experience the "secret" to Inner and Outer bliss, abundance and contentment.

MASTER CLASS WITH TORI



Tori was born and raised in Japan and Hong Kong, and is a qualified special needs teacher, naturopath, herbalist, Kundalini instructor and advanced master of Hatha Yoga. Inspired by her mother's love of yoga, Tori went to her first class as a teenager. During her twenties she taught in London inner city special needs schools, teaching yoga, meditation, ecology and life skills. Inspired by global travels and amazing teachers she established organic farming projects and healthy eating programmes in schools and was encouraged to study more deeply. She studies Yoga, Zen, deep ecology and natural medicines with teachers, traditional peoples and doctors; in India and around the world.

FRIDAY, 31ST JULY 2009

6:00PM – 7:30PM

FEE: £13

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