

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

RAW FOOD NUTRITION & THE 6 FOUNDATIONS -THE PATH TO LIBERATION-

Learn to eat in a way which will give and maintain the life force needed for the activation and support of your Kundalini energy.

The 6 Foundations :

1. **Nutrition** ~ sattvic, vegan, live-food, high-mineralized, low sugar, individualized, moderate food intake, well hydrated with pure living water, and including Spiritual fasting.
2. **Building Prana** ~ Yoga asanas, pranayama, T'ai Chi, Sacred dance.
3. **Service and charity** ~ In the process of service and charity we are able to face our attachments to things.
4. **Spiritual guidance and inspiration** ~ Being in the energy of Truth. Studying Spiritual wisdom teachings. Spending time with spiritual people and community.
5. **Silence** ~ Meditation, prayer, Mantra, silence, chanting
6. **Kundalini awakening** ~ Shaktipat initiation, the awakening of the Divine force which is resting in potential within us.

In this relaxed, fun practical workshop, Perry will demonstrate how to prepare a variety of Raw recipes. Whilst he prepares this high vibrational food, he will also share his own transformational experiences which have evolved by living the 6 foundations.

In this 4 hour workshop you will learn about setting intentions and prayers before preparing food, how to prepare ' Nut Milk', high vibrational energy snacks and a variety of dips and sauces to keep your salads interesting. Questions and answers time will follow.

You will also receive an information pack to take away with you, outlining the 6 foundations in more detail, and it will also contain the Essene holy prayer communions which can be used as a guide, to set intentional prayers for each meal, everyday of the week.

with Perry Haldenby



Perry Haldenby has lived and trained at the worlds leading rejuvenation centre, the 'Tree Of Life' in Arizona, founded by Rabbi Gabriel Cousens M.D. It was here Perry was certified in raw food preparation, conscious gardening, cleansing and detoxification, including holistic lifestyle practices. Perry desires now, is to share the knowledge he has learned and bring fresh inspiration to everyone who expresses the will to learn about making delicious Raw food and integrate that with the 6 foundations of living.

SATURDAY, 7TH AUGUST 2010 10:00AM – 2:00PM

£45 (INCLUDING INGREDIENTS); £40 IF BOOKED BEFORE 1ST OF AUGUST

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

WWW.ALCHEMYTHECENTRE.CO.UK

020 7267 6188