

A L C H E M Y

DISCOVER WHAT'S AT THE CENTRE

VIRGO FULL MOON MEDITATION & GONG BATH WITH SIMON A

The full Moon in Virgo on 28th February marks a time in the year where we are half way towards the Harvest. As the green shoots of spring began to show, ceremonies of gratitude and hope were performed across the land.

This is a time of potential. The plans that we seeded in the autumn and have nurtured through the cold months will now begin to show the early signs of a successful outcome.

Positivity is high and performing works of visualisation towards great results will be made even deeper and more sincere as the Sun passes through profound Pisces where the power of thought knows no bounds.

We reap what we sow. At this half way marker we still have time to change. Maybe a little spiritual weeding is called for? Virgo loves detail and dedication.

They say every act, no matter how mundane, is a devotion to Spirit. The environment and ecological activities come under the domain of Virgo as Gaia. Preparing herbal alternatives to chemical products, volunteering time for and environmental cause, recycling clothes to charity and other such tasks, gladly undertaken, are all blessed and well received at this full moon.



Words by Alchemy Astrologer Zoe Hind

Programme:

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

To stay the in the flow of abundance, simply give
with compassion and kindness.

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

SUNDAY, 28TH FEBRUARY 2010 8:00PM - 9:30PM

FEE: £12; NO CONCESSION

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