

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

GONG NAMO A SKY EVENING (CHRISTMAS PARTY) WITH GURU DHARAM SINGH KHALSA

'The gong vibrates Ong, the creative seed sound of the universe from which all things manifest.'

Guru Dharam.

Although complete in themselves the SKY Evenings at Alchemy are also part of an ongoing series of SKY Days across London that serve as an introduction to **i-SKY.net the International School of Kundalini Yoga**. Since 1996 SKY has been known for delivering powerful transformative experiences through the medium of Yoga whilst maintaining a broad minded and inclusive approach to other spiritual practices. SKY attracts a wide range of interesting people, often seeking something more than they have found to date, and we find time for laughter – you certainly do not have to be serious to be spiritual. These Kundalini Yoga based workshops facilitate greater awareness through meditation, mantra, movement and personal reflection. They have proved to be effective, informative and fun. SKY tries to engender a sense of community to which we hope you may wish to return again.



Guru Dharam Singh Khalsa BACC RCHM

Guru Dharam has taught Kundalini Yoga since 1980 and practised Oriental medicine since founding the Lotus Healing Centre (London) in 1988. He maintains an international Healing and Yoga practice and serves as an educator to the business and corporate community. Guru Dharam established the International School of Kundalini Yoga in the UK in 1996 with Darryl O'Keeffe (his co-author of *The Kundalini Yoga Experience*) and has trained Yoga teachers across the world. Guru Dharam also trains Yoga teachers and healthcare professionals to apply the principles of Kundalini Yoga and Meditation in a therapeutic context and is the course Director of the International Kundalini Therapy Training and an associate Director of the Institute of Medical Yoga, Stockholm.

FRIDAY, 18TH DECEMBER 2009

6:30PM – 8:00PM KUNDALINI YOGA CLASS £15; NO CONCESSIONS

8:30PM – 9:30PM NAAD RELAXATION £10; NO CONCESSIONS

BOOK BOTH EVENTS AT £25 AND RECEIVE A £5 VOUCHER TO SPEND IN THE ALCHEMY CAFÉ AFTER THE CLASS. CAFÉ VOUCHER WILL BE VALID ON THE DAY ONLY.

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