

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

KUNDALINI MEDICINE: WINTER SOLSTICE A CHRISTMAS CRACKER WITH GURU DHARAM SINGH

Winter Solstice marks the energetic nadir of the annual cycle when the prevailing energies all move inwards to the centre. This is why it is the time favoured by the Yogis and Adepts to go deep within the psyche and engage core processes to heal and cleanse.

We will devote the day the Taoists call 'Ultimate Yin' to purify the essence, to state our intentions for the next six months and to recalibrate our entire bio-field.

Winter Solstice is a day of ceremony, ritual and celebration for all who honour the flow of Universal Spirit. Come and engage with sacred heartspace, set your energy and intent and bask in the flow of Kundalini Shakti.



Guru Dharam Singh Khalsa BACC RCHM

Guru Dharam has taught Kundalini yoga since 1980 and been practising Oriental medicine since 1988. He founded the School of Kundalini Yoga in the UK in 1996 (with Darryl O'Keeffe his coauthor of 'Kundalini the Essence of Yoga') which became the International School of Kundalini Yoga in 2007. Since 1980 Guru Dharam has developed a practical system of Yogic Therapy, applying the science of Kundalini, mantra and visualization, helping to empower many thousands of people to a healthier and happier life.

SUNDAY, 20TH DECEMBER 10:00AM – 5:00PM FEE: £70

NO CONCESSIONS

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