

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## “THE STILL POINT” SUFİ WHIRLING WORKSHOP

Sufi whirling takes us directly into ‘the still point’, the opening to the spiritual dimensions. Even a brief experience creates far-reaching transformation and healing, on physical, emotional and spiritual levels.

With very simple steps and in a short space of time the movement becomes not only effortless and meditative but also blissful. It lifts us into the universal experience of ecstasy and through the natural effect of centrifugal force the physical body is realigned on its axis.

**This is a profound spiritual and healing path that gives nourishment both for the casual explorer as well as the dedicated seeker of union with the Beloved.**

### A GLORIOUS EXPERIENCE WITH VICOS NAHMİAS FROM GREECE.



*Vicos Nahmias works in Athens as a psychotherapist and theatre director. He was first introduced to whirling by Viennese philosopher and mystic, Arnold Keyserling and has been teaching whirling for 8 years. He published a translation of Rumi in Greek in 2002 and in 2009 directed a stage arrangement of a complete whirling session with Rumi's poems. He has taught tai ji, chi gung and meditation for 20 years. He is also an NLP and a Process Work practitioner and studied for 20 years with Swiss mystic and therapist, Manuel Schoch. He has written and directed over 10 productions in Greek theatre.*

**SUNDAY, 24<sup>TH</sup> JANUARY, 2010**

**10:30AM – 5:30PM      FEE: £70 EACH**

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

[WWW.ALCHEMYTHECENTRE.CO.UK](http://WWW.ALCHEMYTHECENTRE.CO.UK)

020 7267 6188



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