

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## ALCHEMY 4 WEEK YOGA BEGINNERS COURSE WITH RACHEL

**Alchemy's 4 Week Beginners Yoga Course** introduces you to basic postures (asana), breathing (pranayama), philosophy and relaxation (meditation).

Together we explore fluid sequences of movements such as the 'sun salutation', together with standing and sitting postures.

This four week course is suitable for absolute beginners and also for those who want to return to the basics in order to revisit the foundation of their practice and understanding.

The course will be taught by Rachel, a passionate, inspirational and intuitive yoga teacher. She draws from her studies in the Hatha, Vinyasa and Astanga yoga systems and delights in sharing the power and magic of this sacred practice.

No experience necessary!

### **Classes offered:**

**3<sup>rd</sup> May, 10<sup>th</sup> May, 17<sup>th</sup> May, and 24<sup>th</sup> May**

**ALCHEMY'S 4 WEEKS BEGINNERS YOGA IS DESIGNED TO HELP YOU TO BUILD AN UNDERSTANDING OF THE GENERAL PRINCIPLES OF YOGA.**



**STARTING SATURDAY 3<sup>RD</sup> MAY 1:15-2:45PM FEE: £50**

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

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