

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

INSPIRATION AND CREATIVITY WITH KATE MCKENZIE

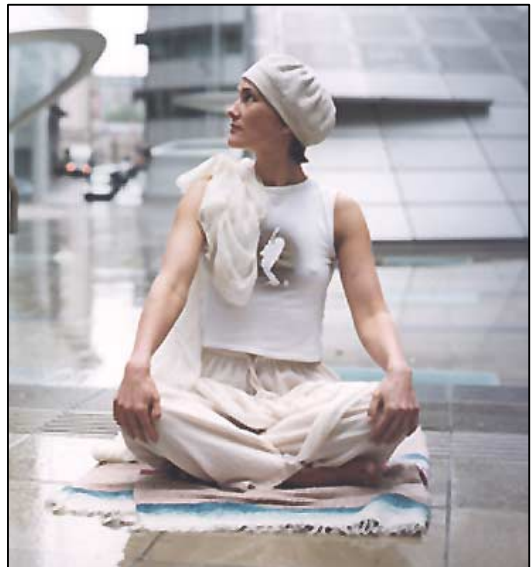
Inspiration and Creativity through breath, asana, Kundalini kriya, and sound.

Do you want to paint a picture, write an opera, or arrange the food on your plate more harmoniously? Whatever direction your creative impulses take you, this dynamic and fun workshop aims to help build inner trust allowing inspiration to take shape.

Through breath awareness, asanas and free movement we can feel more in touch with ourselves. This helps us to express our truth and release blocks. In this workshop, we will also practice a Kundalini Yoga Kriya which stimulates the throat and thyroid. This expands our awareness of the chakra Vishuddha, whose talents include creativity, truth and communication.

We will then apply this consciousness to explore our true sound and join together for spontaneous singing and devotional chanting.

AN OPPORTUNITY TO
CONNECT DEEPLY WITH
YOUR TRUE CREATIVITY



Kate is a qualified Sivananda and Kundalini yoga teacher - her classes draw from these traditions and vary according to requirement. Kate's career as a singer and singing teacher informs her approach.

SATURDAY 31ST MAY 19:30 – 21:30

FEE: £25 AT DOOR AND £20 IN ADVANCE

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

WWW.ALCHEMYTHECENTRE.CO.UK

020 7267 6188