

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

LEO FULL MOON MEDITATION & GONG BATH WITH SIMON A

The Leo Full Moon brings with it a golden glow to melt away the winter frost.

As the days get longer and the sun's light returns, Leo's heat and playful energy can rejuvenate the soul.

Ruled by the Sun, Leo is the sign of confidence and creative expression.

The sun is at the centre of our galaxy and the solar chakra is the centre of our energy. Core strength and centering ourselves is paramount.

Allowing our inner power to radiate through singing, dancing and embracing our talents at the Full moon will let our light shine out and bring joy to ourselves and those around us.

Gratitude for all that we have, shown through acts of generosity to those less fortunate at this time, can bring warmth and love to the world as we head towards spring and a new cycle of life.



Words by Alchemy Astrologer Zoe Hind

Programme:

- Brief reading on the Leo Full Moon (effect of Moon phase)
- Pranayama
- Kundalini Yoga warm up kriya
- Kundalini Yoga meditation (usually 22min)
- 30min Gong Bath

Join us at Alchemy for a sacred Kundalini Meditation & Gong Bath!

SATURDAY, 30TH JANUARY 2010 7:45PM - 9:00PM

FEE: £10; NO CONCESSION

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