

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

GODDESS DANCE & YOGIC JOURNEY WITH HEMALAYAA

A Journey for Women.

Come to know the blissful union of the sacred and the sensual through yoga, Indian dance, meditation and heart awareness. Yogini and Indian dancer, Hemalayaa, shares her intimate knowledge of the ancient treatise on love. Hema takes us on a journey to reconnect with our inner Goddess, creating authentic sensuality. This workshop is an opportunity for women to embrace their sensual and sacred nature. We'll do this through ancient and modern styles of Indian dance and a gentle yoga practice geared toward opening the heart.

We will learn rituals of reverence: chants and meditation practices that honor the feminine that will help guide us to rest in the heart -- our center of love, courage and unbounded creativity.

Yoga teacher and Indian dancer, Hema has a gift for inspiring even the shyest of participants to own and express their beauty, sacredness and femininity. No matter your physical shape or body type, the playful dances and rituals Hema teaches, will stir and nurture your passion, exuberance and sense of play. A hallmark of Hema's workshop is laughter, her own and that of the participants.

COME TO KNOW THE BLISSFUL UNION OF THE SACRED AND THE SENSUAL THROUGH YOGA, INDIAN DANCE, MEDITATION AND HEART AWARENESS.



FRIDAY 16TH MAY 2008 19:30 – 21:30

£25 PER PERSON £20 IN ADVANCE

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

WWW.ALCHEMYTHECENTRE.CO.UK

020 7267 6188