

A L C H E M Y

DISCOVER WHAT'S AT THE CENTRE

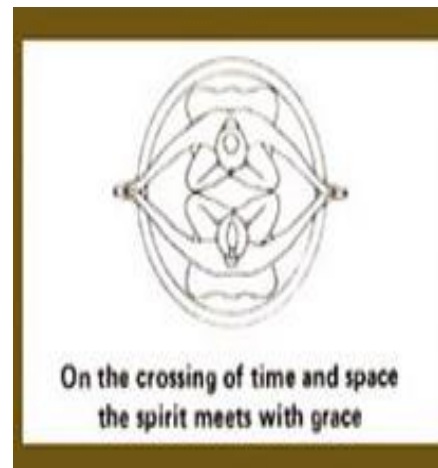
## MORNING SADHANA AT ALCHEMY!

Sadhana means a daily spiritual practice. Early morning Sadhana is the kindest way to clear the mind and connect with ones soul. It has rejuvenating, clarifying and nurturing effect. Regular Sadhana practice fine tunes timing, telepathy, precognition, harmonises interactions between the inner and outer worlds, produces a positive attitude, a happy disposition and success! You will become a source for good on the Earth.

Morning Sadhana starts with the Sacred Prayer of Guru Nanak, Japji Sahib read in Gurmukhi. Then we practice an appropriate Kundalini Yoga kriya as taught by Yogi Bhajan followed by the Morning Call meditation. We finish with chanting of mantras for the Aquarian Age accompanied by live music.

The event is facilitated by  
the Karam Kriya School  
[www.karamkriya.co.uk](http://www.karamkriya.co.uk)

*'Let us speak and listen to each other. Let us merge and become one with each other.'*  
YOGI BHAJAN



**SATURDAYS & SUNDAYS FROM 5:00 AM – 7:30 AM**

**UPCOMING DATES:**

**3<sup>RD</sup> & 4<sup>TH</sup> OCTOBER, 7<sup>TH</sup> & 8<sup>TH</sup> NOVEMBER, 5<sup>TH</sup> & 6<sup>TH</sup> DECEMBER,  
9<sup>TH</sup> & 10<sup>TH</sup> JANUARY, 6<sup>TH</sup> & 7<sup>TH</sup> FEBRUARY, 6<sup>TH</sup> & 7<sup>TH</sup> MARCH,  
10<sup>TH</sup> & 11<sup>TH</sup> APRIL, 8<sup>TH</sup> & 9<sup>TH</sup> MAY, 12<sup>TH</sup> & 13<sup>TH</sup> JUNE**

**DONATIONS KINDLY APPRECIATED**

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

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

020 7267 6188