

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## This Month at the Centre - April 2011

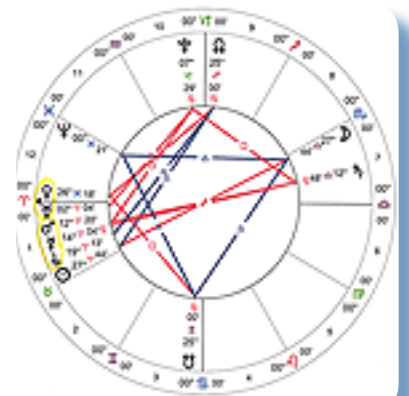


**IGNITING THE SACRAL CHAKRA: CREATIVITY & SEXUALITY**  
WITH KATHRYN McCUSKER  
FRIDAY 15TH APRIL / 19:00 - 21:00 - £20

“Working with the energy of the sacral chakra we will explore how unlocking the blocks can create a more flowing, flexible and energised connection to life. Awaken your creative sexual energy and your passion for life to empower your relationships and initiate new projects!”

**LIBRA FULL MOON MEDITATION & GONG BATH**  
WITH SIMON A.  
SUNDAY 17TH APRIL / 20:00 - 21:15 - £12

“The Full Moon in Libra will happen on 18 April at 3:44am in London. This is a strange Full Moon because of all the planets in the opposite sign of Aries. Usually Libra moons are part fantasy, part romance and mostly chocolate, beauty and love. With five planets in the fiery sign of Aries, this Full Moon will be more energized, or shall I say polarized than the normal Libra style.”



**DANCE & MUSIC OF THE SPHERES**  
WITH DIRISH & ZOE

SATURDAY 23RD APRIL / 20:00 - 21:30 - £20; £15 IN ADVANCE

“A beautiful fusion of Astrology and Dance. Suitable for all levels, this innovative dance based class includes working with movement to express the energy and elements of the star signs. Incorporating colours, rhythm, a variety of world music and the sounds of the planetary gongs, we will explore the deep penetrations of these vibrations as they elevate and expand our understanding of the zodiac and our own personal expression. Be prepared to move, groove, flow and grow! Not to be missed!!”

