

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

'Manipura Chakra Twisting Workshop' with Alessia Avellino

In this workshop we will concentrate on the abdominal and twisting asanas in order to stimulate major inner organs. It is said that organs such as...

the Liver store anger; the Spleen stores worry; the Intestine represents our ability to let go; Kidneys store fear and the stomach is the seat of our self-esteem.

Manipura chakra is the seat of our power. Issues such as self-esteem, co-dependence, addictions and commitment all reside at this chakra.

On a physical level we will be stimulating all these organs through the asana practise and as they detoxify we, at the same time, purify Manipura chakra.

As we let go of negative emotions that reside at this centre we're able to experience greater inner-power and self-love.

Sunday, 10th July 2011

2:00pm - 5:00pm / £30 in advance; £35 on the day

