

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

Maya Fiennes Returns to Alchemy!

'Yoga for Real Passion'

Tuesday 12th July

3pm - 4.30pm

A fire lives within all of us, that which makes us tick - dream - and yearn for that which we know can be ours. Connecting to our passion is connecting with our heart's truest desires. Allow yourself to have what is yours and feel the essence of the passion that burns within you.

'Yoga for Real Beauty'

Thursday 14th July

3pm - 4.30pm

Real beauty lies within, you just have to believe in it and yourself. Maya's yoga will take you there and your inner beauty will come alive, leaving you feeling stronger and looking younger. The asanas in this workshop are anti-ageing and will give you a new lease of life.

Fee: £25 advance ; £30 on the day