

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

A Weekend with Gurutej

'7 secrets to a great relationship: Unveiling the secrets.'

***Friday 7th October / 7:30pm - 9:30pm
£25***

Unveiling the fountain of youth to make your relationship with your self and your others will have an ease.

You may have not thought possible. Strengthening your nervous system so you have emotional intelligence, intuitive intelligence so you have the power to act and impact situations. You have the power to no longer react to situations. If you truly want the world to be a better place learn how to start with you. I will share things I have never shared with you. We will change your brain waves with deep meditations.



'Love First Love Last Lovefest'

***Saturday 8th October / 10:00am - 1:00pm
£35 for each Sat/Sun Session, book two or
more at £30 each***

Yogi Bhajan said that he wished he had said "Love, Obey, Serve, Excel" meaning that love comes before any other command or state. Love is the foundation, love can change the foundation of everything. How can you get to this love state the fastest? How can you maintain and sustain this state the longest. I will share with you all of the most vital and powerful techniques that I have gathered in the last 45 years to live and love during these times and beyond. Learn to bring the light of the sun to all. Become the healer of this beloved planet.

As an early pupil of Yogi Bhajan Gurutej was amongst the first to teach this ancient discipline in the west, and was the founder and co-director of 3HO Canada. Now, with over three decades of teaching experience in North America, she shares her practice around the world.

**For more information on
Gurutej's workshops and
teaching visit:
www.gurutej.com**

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'11-11-11 Decoding The Coming Age'

Saturday 8th October / 2:00pm - 5:00pm

£35 for each Sat/Sun Session, book two or more at £30 each

We have heard so much for so long about what this new age could, would and should be. Now what about you. What do you need to know to be the powerhouse, to be the lighthouse, to be the essential you in this next age. Are you ready to decode and adopt the essential codes you will need to banish fears and be clear? If yes then this is the time to show up.

You will get:

Code of living that will support you in this time
The most relevant Meditations I have rediscovered
Techniques that can shift others in your presence
Automatic heart openers
Creating harmony in non harmonious situations

'9 Steps to Create the mind you want: The mind you need.'

Sunday 9th October / 10:00am - 1:00pm

***£35 for each Sat/Sun Session, book two or
more at £30 each***

Are you ready for this amazingly powerful information on how you can calm and clear your mind in the moment?
How you can clear your mind through the breath.
How you can make your mind your best friend.
Learn techniques that will take you beyond fear
Reprogram your brain to be the brain of angels.
Serve your mind so it will serve your soul
So you are ready to serve the world. Wahe Guru

Are you ready to claim You?

***Sunday 9th October / 2:00pm -
5:00pm***

***£35 for each Sat/Sun Session,
book two or more at £30 each***

***There is nothing more powerful than
having a deep love of you.***

Ready to:

Lose the pain factor in your life
Be and feel successful at whatever you do
Laugh more than you cry
Feel more lovable and able to love
Touch gratitude even in the most chal-
lenging times