

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## Leah Kim



With the guidance of her first mentor Ally Hamilton, she has devoted her life to yoga: to studying, practicing, teaching, living, breathing, surrendering to, and just trying to be yoga. Leah had the privilege of regularly practicing with many internationally recognized teachers, most notably Bryan Kest and Erich Schiffmann, while living for nearly a decade in the modern-day yoga mecca of Santa Monica.

Now based in London, Leah feels that the intuitive whim that led her to travel the globe was a divine nudge onto a greater platform of teaching and service. She is humbled by and grateful for the opportunity to share her own realizations and discoveries, hoping to help her fellow yogis breathe, move, and flow... open, strengthen, and heal... together enjoying the journey of this ever-brightening path.

Open Dynamic:

**Mondays 07:00 - 08:00**

**Fridays 07:00 - 08:00**

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

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