

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## DANCING THE ELEMENTS

### In Joy of Movement

A Nía Jam with Síri Sadhana Kaur,  
Phillipa Nowel,  
Nefra Canning, Anthony Davies and  
more....

This evening begins with a playshop drawing on ancient **Kundalini Yogic tradition** whilst freedancing the 5 tattvas/elements. These universal forces constitute parts of our body, capacities of the psyche, and projections of the mind. Through intuitively dancing their interplay we can harmonise these energies increasing our health and serving our greatest potential.



Together we will move into **full body expression through Nia**, drawing on the playfulness of modern and ethnic dance, the power of martial arts and the wisdom and stillness of yoga. Using funky music and inspired movement you are invited to restore vitality and celebrate your radiance in unlimited playfulness.

Saturday, 29th October 2011

7:30pm - 9:00pm Fee: £15 in advance; £20 on the day

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

UNIT 101, STABLES MARKET, CHALK FARM ROAD, NW1 8AH .TEL: 020 7267 6188