

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## SHIV CHARAN SINGH AT ALCHEMY

**Friday, 12<sup>th</sup> February 2010**

Come & experience a unique Kundalini Yoga class taught by Shiv Charan Singh.

**Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> February 2010**  
**Numbers and Words: Speaking the Divine in Everyday Life.**

Our experience of self is controlled by the stories we have from the past, the stories we live now and the stories we are creating. Every word we speak, mentally as well as verbally, maintains, recreates or changes these stories.

With numbers we can decipher these stories and be guided in rewriting them. Thus we can change our experience of self, and our relationship to the world. In this way we can increase our chances of fulfilling our destiny as we pass through time and space.

**Karam Kriya is the study of life through numbers and the study of numbers through life.**

For more information about Karam Kriya and Kundalini Yoga Teacher Training (hosted at Alchemy) please visit

[www.karamkriya.co.uk/karamkriya.eu](http://www.karamkriya.co.uk/karamkriya.eu)  
or contact Angad Kaur on 07941 397 030 /  
[angadkaur@karamkriya.co.uk](mailto:angadkaur@karamkriya.co.uk)



**Shiv Charan Singh** is an outstanding and authentic spiritual teacher. He is the founding director of the Karam Kriya School and runs Kundalini Yoga Teacher Training programmes worldwide, alongside Karam Kriya seminars and workshops. Shiv Charan is deeply committed to guiding students in their spiritual growth so they can bring spiritual awareness into their everyday lives and develop their full potential as human beings. He is a skilled counsellor and author of several books including *Let the numbers guide you*.

FRIDAY, 12<sup>TH</sup> FEBRUARY 6:00PM – 7:30PM £15

SATURDAY, 13<sup>TH</sup> FEBRUARY 10:00AM – 5:00PM £70

SUNDAY, 14<sup>TH</sup> FEBRUARY 10:00AM – 5:00PM £70

**BOOK BOTH DAYS AND SAVE £10**

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

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