

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

THE MEETING: 12 STEP RECOVERY & KUNDALINI YOGA

Friday, 2nd April 2010

Come and experience a Kundalini Class taught by this inspiring teacher. Open to All.

Sunday, 4th April 2010

Day workshop

Dramas and challenges, addiction and the dark night of the soul all arrive in our lives to push us into new areas of spiritual and emotional growth. Recovery can seem relentless at times and as though it is too much to bear. Recognising and dealing with old behaviours and longings is key to moving forward.

The combination of 12 step recovery and Kundalini Yoga is a marriage for the 21st Century. Two wonderful practices working together to bring peace, acceptance, self esteem and practical tools for your day to day experiences, a powerful spiritual connection and a great map for the journey onwards to your higher self using your history and personal experiences as the rock upon which you stand, victorious.

WITH
CAROLYN COWAN



Carolyn Cowan has been teaching Kundalini Yoga since 1998. She has been clean and sober since 1991. Carolyn is a charismatic and elevating teacher and specialises in a range of topics including Addiction recovery, pregnancy, empowerment, mantra and meditation. She has two children and lives in London.

FRIDAY, 2ND APRIL 2010	6:00PM – 7:30PM	£15
SUNDAY, 4TH APRIL 2010	10:00AM – 6:00PM	£75

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