



CREATE MORE!

A SERIES OF WORKSHOPS WITH SARA CAMPBELL

Sara Campbell, four times World Champion freediver, and Kundalini Yoga teacher will be running a series of workshops at Alchemy to share her love of yoga and also demonstrate how the various aspects of this powerful transformational technology can help everyone achieve goals, big and small, in their lives. Looking at all aspects of Kundalini - from the chakra system, meditation, pranayama, chanting, relaxation and the physical challenge of the kriyas - Sara will take students on a journey deep into their inner self, the less-listened-to truth that we all carry, that is our destiny. Through uncovering these self-truths, we can also discover our strength and power and find our way on to the path that best serves us, bringing deep happiness, peace and fulfilment. Whatever challenges we face in life, we already carry the answers - Sara will help students discover their own strength to grow and develop and unfold into their individual destiny; whether it is setting world records, work or relationship and family - everyone can create more in their lives.

**FOUR TIMES
WORLD CHAMPION
FREEDIVER &
KUNDALINI YOGA TEACHER**



**FRIDAY, 22ND JANUARY 2010 INTRO SESSION
6:00PM – 8:00PM FEE: £20**

**UPCOMING WORKSHOP DATES: SUNDAY 31ST JANUARY, 10AM-1PM;
SUNDAY 28TH MARCH, 10AM-1PM; SUNDAY 28TH MARCH, 2-5PM;
SUNDAY 30TH MAY, 10AM-1PM; SUNDAY 30TH MAY, 2PM -5PM**

WORKSHOP FEE: £ 35 EACH

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