



GURUTEJ AT ALCHEMY!

Friday, 19th March

Special Kundalini Class: Utilizing the Power of the Equinox

Saturday, 20th March

Morning Session: Claiming the gift of the Equinox.

Part 1

These days of Equinox are for balancing your hemispheres so you can utilize the power of this time. The Spring Equinox is for seeding, planting, fertilizing what it is you want to bring forth in your micro and macro worlds. To be effective in this we need deep diving into the core of the earth, the core of your being. Allow spring to bloom within you and around you.

Afternoon Session: Claiming the gift of the Equinox.

Part 2

This pivot point requires quiet, deep meditation for the vision to arise. The vision of what is required for this next cycle of your life, the vision of how to sustain yourself effectively through this next growth period. We will create rituals to support and sustain you in the grace of this energetic field.

Sunday, 21st March

Morning Session: A woman's workshop. An in-depth Dive into the power of use of each moon centre.

A totally in depth understanding of your moon cycles. How to use the power of each cycle to serve you and the world. How to come out of negative spirals? How to chart your cycles to know what is coming and how to prepare yourself to use them as opposed to having them use you. The power of knowledge of your internal cycles is priceless. Come join us for delightful exploration that will empower your life.

Afternoon Session: The Energy Guru's workshop.

Learning the first step in how you can bring these great tools into business, groups and organizations throughout the world. Making everyone their own Energy Guru.



As an early pupil of Yogi Bhajan Gurutej was amongst the first to teach this ancient discipline in the west, and was the founder and co-director of 3HO Canada. Now, with over three decades of teaching experience in North America, she shares her practice around the world.

For more information on Gurutej's workshops and teaching visit:

www.gurutej.com

FRIDAY, 19 MARCH 6PM – 7:30PM £15

SATURDAY, 20 MARCH 10AM – 1PM & 2PM – 5PM £35 EACH

SUNDAY, 21 MARCH 10AM – 1PM & 2PM – 5PM £35 EACH

RECEIVE £5 OFF EACH SESSION WHEN TWO OR MORE ARE BOOKED

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