

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

HEART SONG WITH ANNE MALONE

Join Anne in an evening of song and soul dance ... with the beautiful sound of Hang gently encouraging your body and mind to surrender to the creative flow of your soul dance ... sing your heart full of joyful songs, gentle Mantras and purifying tones ... bathe in the exquisite resonance of Hang, Tibetan bowls, vocal toning and rain stick, allow the healing tones to wash over you as you relax into our Sound Bath.

Heart Song or Sacred Sound is a simple yet profound way to connect with the core of our being and tune our body at a cellular level through the gentleness of its resonance, using vocal "toning", healing sound of Hang, shamanic Celtic drum, Tibetan singing bowls and rain stick.

**'MUSIC IS THE BREATH OF LOVE
& MOVES THE SOUL INTO
DANCE'**



Anne Malone: Anne's passion for music has taken her on a journey of sound from the vibrant music of Dublin in Ireland to the tropical sounds of Vera Cruz in Mexico, from gigging at The Mean Fiddler in London to playing Hang on Skyros. She has produced, written and performed 3 Hang music cds, "Tender Lullaby" entering top 10 iTunes and featured in NME Awards. In a recent collaboration with Theatre Lab's production of Antigone at Riverside Studios, Anne introduced Sacred Sound into mainstream theatre, which was met with amazement and excited appreciation. Anne's love of music and meditation has led her to learn and work with many wonderful teachers ... Brandon Bays (the Journey), Chris James, (Sacred Sound) and Annie Spencer (Shamanic Ceremony), and by combining her training in Sacred Sound, The Journey and Shamanic Ceremony ... is now offering a unique musical exploration.

FRIDAY, 23RD JULY 2010 7:00PM – 8:30PM £15

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

WWW.ALCHEMYTHECENTRE.CO.UK

020 7267 6188