

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

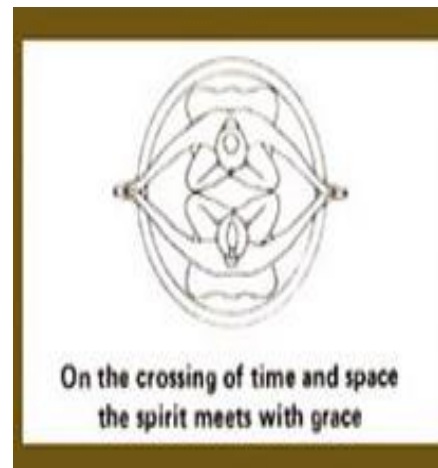
MORNING SADHANA AT ALCHEMY!

Sadhana means a daily spiritual practice. Early morning Sadhana is the kindest way to clear the mind and connect with ones soul. It has rejuvenating, clarifying and nurturing effect. Regular Sadhana practice fine tunes timing, telepathy, precognition, harmonises interactions between the inner and outer worlds, produces a positive attitude, a happy disposition and success! You will become a source for good on the Earth.

Morning Sadhana starts with the Sacred Prayer of Guru Nanak, Japji Sahib read in Gurmukhi. Then we practice an appropriate Kundalini Yoga kriya as taught by Yogi Bhajan followed by the Morning Call meditation. We finish with chanting of mantras for the Aquarian Age accompanied by live music.

The event is facilitated by
the Karam Kriya School
www.karamkriya.co.uk

'Let us speak and listen to each other. Let us merge and become one with each other.'
YOGI BHAJAN



SATURDAYS & SUNDAYS FROM 5:00 AM – 7:30 AM

UPCOMING DATES:

**13TH & 14TH, FEBRUARY, 20TH & 21ST FEBRUARY, 6TH & 7TH MARCH,
10TH & 11TH APRIL, 8TH & 9TH MAY, 22ND & 23RD MAY, 12TH & 13TH JUNE**

DONATIONS KINDLY APPRECIATED

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

WWW.ALCHEMYTHECENTRE.CO.UK

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