

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## GURUTEJ AT ALCHEMY!

### Friday, 6<sup>th</sup> March

Come and experience an inspiring Kundalini Yoga Class taught by Gurutej.

### Saturday, 7<sup>th</sup> March

#### Energy Building in Relationships

All of life is about relationships. How we relate to everyone and everything in our lives and yet we get little to no training in this vastly important area. Now you can get some practical and lovely techniques. I invite you to this wonderful relationship class. It will give you new and priceless tools for everything from fighting to intuition and the wide world in-between. You will be given day- to- day techniques that will keep you juicy and connected to you for that is the first relationship. We will move into techniques that will make you a joyous relator, the differences between how men and women relate.

Come join us to have your hope revitalized. Hope and vision are the basis of all great relationships

### Sunday, 8<sup>th</sup> March

#### Strengthening the Immune System in Challenging Times

Are these times challenging enough for you? These are the times Yogi Bhajan called the "Gray Period" in the early 70's and he gave us so many things to do to not only make it through these times but to excel. Are you ready to excel? Then you have to stay healthy in this process. We will work the health of all systems. When one goes out on you the others follow. Come gain a supported sustained mind, heart, soul, and body the entire being Immune System.



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](http://www.gurutej.com)

FRIDAY, 6 MARCH	6:00PM – 7:30PM	£13
SATURDAY, 7 MARCH	10:00AM – 5:00PM	£75
SUNDAY, 8 MARCH	10:00AM – 5:00PM	£75

**BOOK BOTH WORKSHOP DAYS AT £140**

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

[WWW.ALCHEMYTHECENTRE.CO.UK](http://WWW.ALCHEMYTHECENTRE.CO.UK)

020 7267 6188