



ALCHEMY

RETREATS

THE ALCHEMY YOGA EXPERIENCE SRI LANKA 2012

31st of March to 10th April 2012
with Stewart Gilchrist
& Amir Jaan

YOGASANA || KUNDALINI YOGA || MEDITATION
HEALING || RELAXATION || A SACRED JOURNEY

WWW.ALCHEMYTHECENTRE.CO.UK

UNIT 101, STABLES MARKET, CHALK FARM ROAD, NW1 8AH .TEL: 020 7267 6188



THE RETREAT

Join two of London's most renowned teachers and an exceptional healer for a 10 day retreat, in an idyllic setting, to explore the essence of Yoga. The programme will incorporate elements of Kundalini, Vinyasa krama and Yogasana practice, Healing, Meditation and Yogic Philosophy. The combination of styles and practices, under exceptional tuition will assist you to move beyond perceived limitations and enrich your everyday life.

THE PROGRAMME

Each day will include early morning Yogasana practice and meditation with Stewart, Late afternoon Kundalini Yoga Practice and sunset meditations with Amir Jaan. There will be time to take advantage of the one to one sessions with Claire Farman (It is recommended to book these in advance). There will be plenty of time to relax and enjoy the breathtaking surroundings of Sri Lanka. You will have the freedom to participate as you wish and at your own pace.

THE SACRED JOURNEY

On the last two days of the retreat we will be taking a Journey to Adams Peak (Sri Pada). This name may be translated roughly as "the sacred foot". It refers to the footprint-shaped mark at the summit, which is believed to be that of the Buddha. We will climb the mountain in time to see the sunrise and then return to Colombo for our final night to relax and integrate the retreat.

AMIR JAAN



Classically trained in the spiritual Art of Kundalini Yoga at SKY, (the School of Kundalini Yoga), under the close observations of a host of world renowned and internationally revered Guru mentors, such as Guru Dharam Singh, Shiv Charan Singh, Darryl O'Keefe and Bridget Layton Minor. Having conducted thousands of public and private classes in London and across the world, Amir Jaan brings a reassuring calmness into any learning environment, be it a group or one-to-one.

STEWART GILCHRIST

Stewart Gilchrist's sadhana has involved an extensive education with teachers from around the world. He has studied with Sri K Patthabi Jois (Mysore), Hamish Handry (Ashtanga London), Sri Shreshadree (Mysore), and David Life and Sharon Gannon (Jivamukti). This method combines music, movement, meditation, devotion and spiritual activism.



CLAIRE FARMAN



Claire Farman is a gifted healer, yoga and meditation teacher who has been studying the sacred healing arts for over 25 years. Her unique, interdisciplinary approach blends healing and yoga with the wisdom of Tantrayāna. She offers tailor made consultations for individuals, and runs "How to develop your Intuition" workshops. Every year Claire works from Kamalaya in Thailand, the worlds leading Wellness Specialists.

HEALING

We will also have a resident Master Healer and therapist Claire Farman joining us for the retreat. Her appointments will help assist and support you on your journey of transformation. Her therapies will include:

- VAJRA CONSTITUTIONAL TREATMENTS - drawing together counselling, life coaching, homeopathy and gem medicine to give you an insight into and help to shift certain types of illness and behavioural patterns. Will lead to greater clarity, creative energy and wellbeing.
£90 for 90 minute appointment.
- KAYA BODY RITUALS - using Kum Kum (Sacred pigments), Flowers and music. Deep Tissue Reiki and Chavutti Thirumal - Indian Rope Massage.
£90 for 90 minute session.
- DORJE (The thunderbolt of enlightenment) - gain insight and experience of a meditation practice drawn from her Buddhist background.
£60 for a 60 minute appointment

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The Tallala retreat has been featured in the Sunday Times (UK) Travel Section as one of the world's 'Best beach escapes' ”



PRICES

£1250* for shared accommodation,
£1500* for single room (both with en-suite bathrooms).
Upgrade to our full treatment package for an additional £190 (all three appointments with Claire)
£400 deposit due on booking and is non refundable - full balance is due on the 1st March 2012.

Includes:

- All accommodation, daily brunch and dinner, assortment of refreshments throughout the day, all teaching classes, unlimited wifi.

*Does not include flights and limited availability

BOOKING

Please book either through our website, call us on 020 7267 6188 or email info@alchemythecentre.co.uk