

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

AQUARIUS FULL MOON MEDITATION & GONG BATH WITH AMIR & ROMA

Like a Phoenix rising from the ashes, this Full Moon is all about renewal and rebirth.

The Aquarius/Uranus Spirit of Revolution that began back in the sixties takes on a whole new dimension as we face our responsibilities to ourselves, to society and to Planet Earth.

This Full Moon may carry echoes of the previous one on 26th June, but where that one posed the question, this one may well provide the answer (or at least point us in the right direction).

Though the recent New Moon on July 11th taught us about empathy and surrender, this Full Moon is searching for new ways to take radical action and break free from the prisons of the past. The old modalities no longer serve us and a new way must be found.

The pattern formed by many contributing planets is called a mystic rectangle. The Sun, Saturn, Moon, Jupiter and Uranus all form harmonious angles and are working as a team to find a solution.

We see the last of five oppositions of Saturn and Uranus that have brought tension to the fore over the last 2 years, but this time in Libra and Aries which signal innovation and justice urging us to create a Brave New World.

We are more aware than ever before of the need to recreate a world in which we can evolve with pride and more empowered to take up the challenge.



Words by Alchemy Astrologer Zoe Hind

Programme:

- Brief reading on the Aquarius Full Moon (effect of Moon phase)
- Pranayama
- Kundalini Yoga warm up kriya
- Kundalini Yoga meditation (usually 22min)
- 30min Gong Bath

Join us at Alchemy for a sacred Kundalini Meditation & Gong Bath!

SUNDAY, 25TH JULY 2010 8:00PM – 9:15PM

FEE: £12; NO CONCESSIONS

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