

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

WAKE UP TO LOVE 2010

Based on her forthcoming book *The Inner Art of Love*, Guru Rattana will share how to use Kundalini Yoga and Meditation to awaken and prepare yourself to be a vessel for the paradigm shift from fear to love.

Friday, 27th August 6:30pm – 8:30pm Fee: £25

The Inner and Outer Paradigm Shift

Understand the nature and impact of current planetary indicators as you awaken to a profound shift in consciousness. Experience how to tap into your soul power and become grounding rods of love.

Weekend Workshop

Saturday, 28th August 10:00am – 1:00pm Fee: £35

The Basics of Changing Habits and Transformation

Learn how to shift out of habits of conflict, fear and anger into an inner in-the-body experience of inner authority and power.

Saturday, 28th August 2:00pm – 5:00pm Fee: £35

The Inner Alchemy of Matter and Spirit

Experience how the re-integration of the Divine Mother Force into your psyche can create profound healing and wholeness in the psyche of both men and women.

Sunday, 29th August 10:00am – 1:00pm Fee: £35

The New Frontier of the Heart

Activate the highest expressions and faculties of all your chakras to create a foundation for awakening heart-centered consciousness.

Sunday, 29th August 2:00pm – 5:00pm Fee: £35

Living Prayer and Self-Love

Through your unified projection, radiant presence and profound self-love, your life can become a living prayer. You will experience how to shift your mode of being and doing from struggle to magnetic attraction.

This weekend workshop is an integrated whole. However, those wishing to attend individual classes are welcome to do so.

by **Guru Rattana, Ph.D.**



Guru Rattana, Ph.D., trained with Yogi Bhajan from 1977. Following receipt of her Doctorate (Political Science - University of Geneva) she pursued an academic career at Dartmouth College, MIT, and New Hampshire College, and U.S. International University in San Diego, where she now lives.

She is author of three, now classic, Kundalini Yoga and Meditation Manuals – *Transitions to a Heart-Centered World*, *Sexuality and Spirituality* and *Relax and Renew*. Ground-breaking author and teacher, she has also written *Your Life Is in Your Chakras* and *The Destiny of Women Is the Destiny of the World*. Since 1999 she has written a free monthly astrology/Kundalini yoga on-line newsletter and offers Guru Rattana On-Line streaming video classes. Guru Rattana teaches Kundalini Yoga Teacher Training in Hawaii, Ukraine and Turkey.

Visit her at www.yogatech.com

FULL WEEKEND WORKSHOP £120; INDIVIDUAL SESSIONS £35 EACH

FRIDAY SESSION £25

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