



MORNING SADHANA AT ALCHEMY NOW EVERY SATURDAY!

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.

**Morning Sadhana at Alchemy is facilitated
by Siri Sadhana Kaur.**

**Any Kundalini teacher, who would like to do
seva, read japji, teach a kriya and help with
breakfast please contact Siri Sadhana Kaur:**

**sirisadhana@hotmail.com
07985 439 657**

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

YOGI BHAJAN



EVERY SATURDAY 5:00AM – 7:30AM

**BREAKFAST IS SERVED AFTERWARDS.
DONATIONS KINDLY APPRECIATED.**

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