

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

ACTIVATING THE THREE MINDS

- * Is it difficult for you to make decisions?*
- * Are you too negative or naive in assessing situations and people?*
- * Is too much uncontrollable thinking going on in your mind?*

If the three minds – **negative, positive, and neutral** – are balanced and in efficient collaboration with each other, this will never be the case. You will quickly realise dangers and opportunities, and be able to follow the guidance of the meditative neutral mind.

In this workshop, you will identify, balance and activate all three mind bodies, and establish a proper working relationship between them. You will learn a simple and practical technique for **making difficult decisions**.

We are using techniques from the teachings of Yogi Bhajan.

WITH
SAT SIRI SINGH



Sat Siri Singh Khalsa is Kundalini Yoga Teacher Level 2 and Sat Nam Rasayan practitioner and devotes his life to study and serve Guru and Dharma. He is passionate about applying and sharing the teaching of Yogi Bhajan to become more and more aware of the mystery of life and to successfully tread the path of soul fulfilment and true happiness.

During the last years he went through the following life stages: university research in quantum physics, financial engineer in a bank, ashram life with his teacher Karta Singh and Amrit Nam Sarovar, study of naad yoga with Raj Academy. Apart from teaching yoga, he is working for KYTA, ANS, and Raj Academy.

Contact: 07502 330 120, sss@kundalini-khalsa.com.

FRIDAY, 22ND MAY 6:00PM – 9:00PM FEE: £20

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

WWW.ALCHEMYTHECENTRE.CO.UK

020 7267 6188