

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

THE HEALING SOUNDS OF NAAD YOGA

Friday, 25th September 2009

7:30pm – 9:00pm

Concert

Fee: £10

Join us for a special concert with Professor Surinder and the Raj Academy.

**with Professor Surinder Singh
& the Raj Academy**

Saturday, 26th September 2009

10:00am – 5:00pm

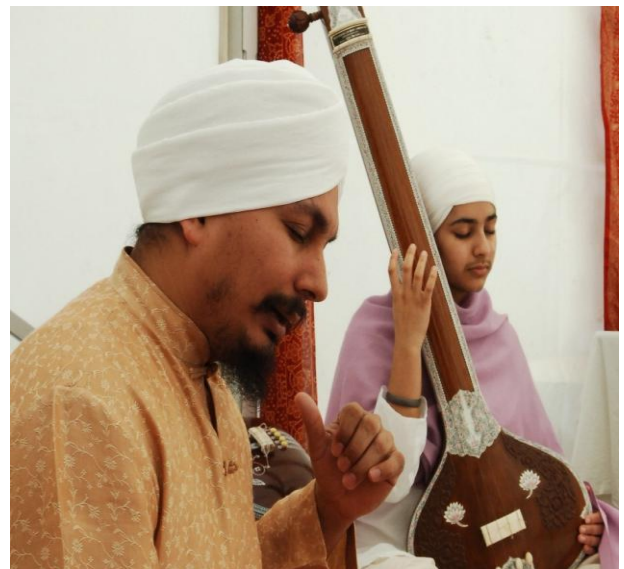
Day Workshop

Fee: £65

**Apply the Tantric Science of Ancient India
to Dissolve Depression and other Ailments**

In this course, Prof Surinder Singh and his team guide you into the world of Naad Yoga based on traditional Sikh Music. You will have the possibility to listen to and try yourself different traditional instruments including your own voice and to learn about and experience the healing abilities of sound. Naad Vidhiya (the science of sound) has been applied by enlightened masters throughout the ages to stimulate the natural self healing powers of the body.

Naad Yoga based on Sikh Music applies the power of Naad and Sikh Philosophy as prescribed in holy scriptures to create awareness of, and ultimately control our moods and emotions. The healing powers of the raags as prescribed by the Sikh Gurus relate to all the moods the human psyche is subject to, and are able to relieve the mind of all worldly anxieties.



The therapeutic properties of Naad Yoga help to

- relax and rejuvenate the body
- balance and pacify the mind
- uplift and strengthen the spirit
- heal depression and other stress related ailments.

COME TO ALCHEMY & DISCOVER WHAT'S AT THE CENTRE!

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