

# 2010 Yoga Workshop

## *“The Alchemy of Yoga”*

*A Process of Deep Transformation and Change*

*With Andrew Mournehis*



**When: Saturday May 15<sup>th</sup> 2010**

**Time: 2pm-5pm** (15 min tea-break in between)

**Investment: \$75/ \$60 conc. Where: Breathing Space Yoga Studio,  
Upstairs Suite 6, 217 Chapel st Prahran \*(above Chapel st Bazaar btw High st & Greville st)**

(The intensive is open to people of all ages, physical conditions and levels of experience. Each person practices to their own capacity.)  
PLEASE BYO JOURNAL, WRITING UTENSILS and YOGA MAT (if u have one). ALL OTHER YOGA PROPS PROVIDED!

The ancient art of alchemy has for centuries been shrouded in mystery and obscurity. Alchemy at its most pure is a symbolic activity...a process whereby a human's heavy or unconscious nature is transformed to a Higher state of Consciousness.

AS above ...SO below is the first of the laws of the great work...the alchemical Magnus Opus. As alchemy and yoga have the same ultimate goal of transforming and liberating the physical form and uniting it with the Divine, alchemy is often described as “Western Yoga”

This 3hour afternoon yoga workshop will allow you to connect with Divine Consciousness, and invite the principles of alchemy to work for you. The practice will heal and detoxify the body and mind at their deepest levels creating transformation and dissolving blockages within.

So if you are open to deepening your yoga practice, letting go of old patterns, transforming ignorance, ego, addictions, aversions and fear, into the expanded boundless expressions of Beauty, Joy and Light then this is the workshop for you.

If you want to find the SHRI in the shadow, and turn your “Klesha's into Lakshmi's” then you will love this eloquent workshop.

Through dynamic yoga asana, playful creative practices, self-enquiry journaling, pranayama, deep meditation and deep yoga Nidra, we will open our bodies, minds, hearts and souls to the transformative Powers of Alchemy...the fundamental nature of Yoga from within!

***“We CAN transform our Klesha's into Lakshmi's” BJ Galvan (Anusara Teacher)***

**Please Contact:** Andrew Mournehis **E mail:** [amournehis@divinegrace.com.au](mailto:amournehis@divinegrace.com.au) **Ph:** 0418121468 (mob)

[www.divinegrace.com.au](http://www.divinegrace.com.au)