

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## THE SOUND TEMPLE — A JOURNEY INTO THE HEART OF SACRED SOUND

**Sarah Warwick** is an internationally acclaimed singer, songwriter, sound healer, and teacher. During the 90's Sarah had three number one dance hits under the stage name Sarah Washington. For the last ten years, after training with Chris James, Sarah has dedicated her time and inspiration to writing and singing songs for heart and soul, teaching the healing power of sound and song. She is passionate about helping people find their authentic voice. Sarah runs workshops, gives one to one coaching, and leads energizing sessions for corporate events all over the world. She regularly teaches for Skyros. Her self-penned CD "Pure Love" is inspired by her deep love for life and nature.

[www.lifesong.co.uk](http://www.lifesong.co.uk)

**Anne Malone** is an accomplished singer/songwriter and Hang player, with two top 10 New Age albums of Hang Music and three albums of songs. Hang music is like listening to a mini cathedral of bells, gongs and harps, and this amazingly healing instrument has been embraced by the yoga community - a favourite with Shiva Rea, Danny Paradise and Claire Missingham (Hang music features on Claire's DVD and CD). Anne's journey into the essence of sound and soul has led her to train with Brandon Bays and Chris James, and complete a year-long Shamanic guidance in Celtic Ceremony with Annie Spencer, all of whom have initiated her into the depths of heart-full living and singing. Her teacher of 20 years, Maharaji, helps Ann remain centred in her heart's calling ... this is the basis of all her work and life ... being in the heart of sound.

[www.bluemuse.co.uk](http://www.bluemuse.co.uk)

Join Sarah & Anne for an inspirational evening of mantra, toning and sound-bath, with original heart-songs from Sarah's CD "Pure Love". They will create a temple of sound using pure vocal tones and the unique sound of Anne's playing of Hang Music from her recent album "Tender Lullaby".

**FRIDAY, 5<sup>TH</sup> JUNE 2009 7:00PM — 9:00PM**  
**FEE: £15 IN ADVANCE; £20 ON THE DAY**

WITH  
**SARAH WARWICK & ANNE MALONE**



*"Sarah is an exceptional teacher, inspiring us all to sing our hearts out with passion and joy"*  
**Lynne Franks, author of "Grow, A Modern Woman's Handbook"**

*"Anne's hang playing seems to come from another, more beautiful universe and beckons us to 'come along, come along' "* **Jai Uttal**

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[WWW.ALCHEMYTHECENTRE.CO.UK](http://WWW.ALCHEMYTHECENTRE.CO.UK)

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