

YOGA

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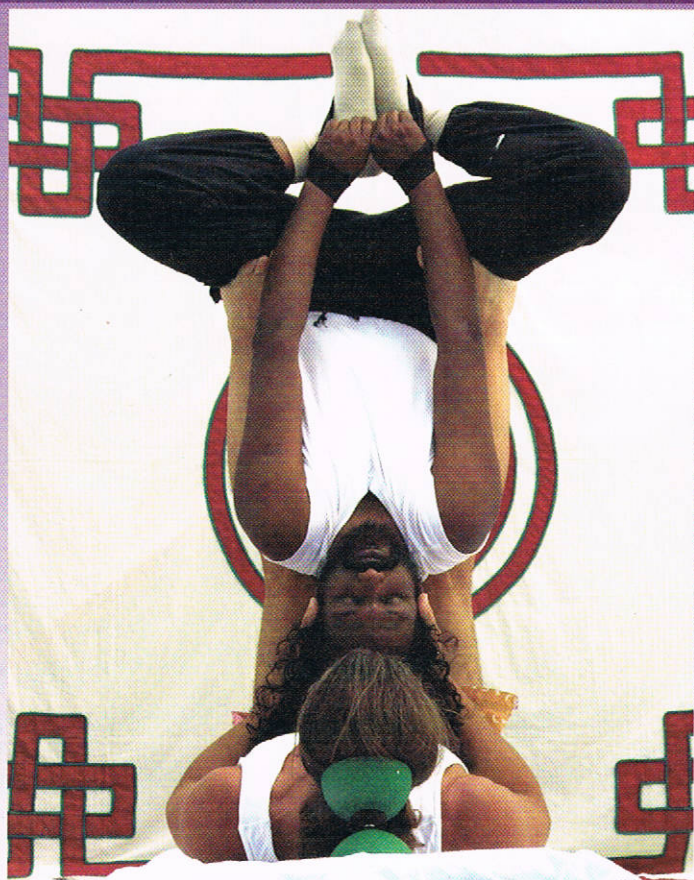
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THE
HEALING
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So if you fancy being part of a lively environment and discovering something new take a trip to the Mind Body Spirit festival and see what's on offer.

Mind Body Spirit Festival 26 – 31st May
Royal Horticultural Hall, London SW1P 2QD
Visit www.mindbodyspirit.co.uk for full programme details, tickets and workshop bookings or call 020 7371 9191.



WIN! Tickets & Workshop Places!

Yoga Magazine has 20 pairs of entrance tickets to the Mind Body Spirit Festival to give away. The top prize winner and a guest will also have the opportunity to attend a workshop of their choice visit www.mindbodyspirit.co.uk for the full workshop listings.

Send your entry with Yoga Magazine MBS ticket comp in the subject line to info@mindbodyspirit.co.uk and include your preferred workshop choice, address and contact details. Postal entries can be sent to Mind Body Spirit Ltd, 755 Fulham Road, London SW6 5UU. All competition entries must be received by April 30th 2010.

A Festival for Life

The Mind Body Spirit Festival, the most popular and longest-running annual event of its kind, will once again attract thousands of people to London's Royal Horticultural Halls between Wednesday 26th and Bank Holiday Monday 31st May.

Says CEO Melvyn Carlisle, "Today the Mind Body Spirit Festival is at the top of its game, partly due to its mix of lectures, music, yoga, dance, exhibitors and healers. But equally, because it provides a unique and enjoyable environment for like-minded people to explore its menu of information and complementary practices."

There literally is something for everyone, whether it's taking part in sessions with Duncan Wong, David Sye, Barbara Currie, Leora Lightwoman, Mahasatvaa Sarita and Ya'Acov Darling Khan or learning pearls of wisdom from the stellar line-up of workshop hosts including James Twyman, Anjum Anand, Jason Chan, Janey Lee Grace, Barefoot Doctor, John C Parkin, Tony Buzan, Diana Cooper, Davina MacKail, Simon Parke, Caroline Shola Arewa, Don Conreaux and New York Times bestselling authors Debbie Ford and Sandra Anne Taylor. With an impressive 60 workshops, it is easy to understand why the Festival has held its popular status for so long.

Even if you decide not to attend a workshop, there is plenty to see and do, including the free live stage area. "It's a main attraction in its own right," says Melvyn. "Each day we have 13 scheduled activities featuring musical concerts, yoga and dance demonstrations, taster workshops and lectures which of course all contribute to the festival's infectious atmosphere".

Free guided meditations from special guests are also held throughout each day and over 100 exhibitors offer crystals, beauty and natural products, healthy food, juices, clothing, vitamins, budhas, singing bowls, jewellery, healing sessions, psychic readings and the ever-popular aura reading stands.

