

A Festival for Life....

Gain some valuable insights into your future, discover your potential, experience a new complementary health practice, or shop till you drop, all under one roof at the **Mind Body Spirit Festival, 26th - 31st May at the Royal Horticultural Halls, London SW1.**

Thousands of people from all walks of life visit the exhibition each year to stimulate their mind, relax their body and awaken their senses.

There are 60 fantastic workshops to choose from, a free live entertainment stage and guided meditation classes, over 100 exhibitors featuring innovative products, the ever popular aura photography, vitamins, clothing, psychic, astrology or soul plan readings, jewellery, crystals, Buddhas and artefacts, beauty products, healthy food, Feng Shui, books, music, advice, massage and much more besides.

The workshops are one of the most popular attractions of the festival because they are all hosted by the world's most inspirational and best selling authors, teachers or wellbeing experts. At an affordable price you can discover: - a new direction in life, how to find your soul mate, sparkle with confidence, look great naturally or unleash your psychic powers. Alternatively you might like to: improve your memory, learn mind management, get to grips with a weight problem, find the best astrological living location, take a yoga class with a master or ascertain which foods are right for your particular body.

If it's just fun and excitement you are after, mingle with the crowd to enjoy the free 13 daily live stage demonstrations or performances of musical concerts, dance, yoga, tai chi, mediumship, NLP, hypnotism, taster workshops or talks.

Whatever you are seeking, attending the Mind Body Spirit Festival will undoubtedly inject some new vibrant energy back into your life!

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Workshop presenters include:

Gordon Smith, David Wells (*mediums and TV favourites*), **Diana Cooper** (*author and Angel expert*), **James Twyman** (*Int, bestselling author & Peace Ambassador*), **Tim Freke** (*Philosopher & top 10 selling author UK & USA*), **Barbara Currie**, (*Yoga expert & Yoga TV presenter for Body In Balance TV*) **Barefoot Doctor** (*columnist, author & Tao's expert*), **Ali Campbell** (*celebrity NLP Master, Life Coach & Hypnotherapist*), **David Sye** (*Yoga Elder and founder of Yogabeats regularly featured in the National press and TV*). **Janey Lee Grace** (*co-host BBC Radio 2's Steve Wright's prog*), **Davina Mackail** (*regular guest on Channel Five's The Wright Stuff and teacher of Feng Shui for Channel 5's House doctor, Anne Maurice*), **Alla Svirinskaya** (*celebrity healer & acclaimed author*), **Dominic O'Brien** (*Eight times winner of The World Memory Championships and regular guest on both radio and TV*), **Robert Currey** (*Astrologer & founder Equinox system*), and New York Times bestselling authors:- **Debbie Ford** and **Sandra Anne Taylor**.

Mind Body Spirit Festival - 26th – 31st May 2010

Royal Horticultural Halls, Greycoat Street, Victoria, London, SW1 2QD.

Weekdays 11.00am – 6pm Weekend (including the Bank Holiday) 10am – 7pm.

Ticket prices: Weekdays £9 on the door (£7 advance) Weekend incl Bank Holiday £10 on the door (£8 advance). Concessions for senior citizens, disabled, unemployed, students and nurses with ID £7.00 (Weekdays) £8 (Weekend and Bank Hol). Accompanied children under 15 free

Visit www.mindbodyspirit.co.uk for programme details and booking workshops or telephone the information and Ticket Hotline: 020 7371 9191

For further information and images or if you are interested in featuring one of our guest speakers or performers please contact:

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