

Listings Release

Mind Body Spirit London Festival 2010

Exhibition offering a wealth of revitalising options: 60 affordable motivational, inspirational or physically interactive workshops hosted by leading wellbeing experts, teachers and best selling authors. Live stage featuring 13 daily free demonstrations and performances of music, dance, yoga, tai chi, taster workshops, mediumship, NLP, Hypnotism and talks. Over 100 exhibitors of complementary health practices, jewellery, psychic/astrology and soul plan readings, aura photography, healthy eating, book signings, clothing, fitness, natural products, books, music etc.

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

Royal Horticultural Halls, Greycoat Street, London SW1P 2QD, Tel of venue 0845 370 4606

Nearest Tubes: Victoria or St James's Park

Opening hours: Weekdays 11.00am – 6pm, Weekend incl Bank Holiday 10.00am – 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 or call 0207 371 9191 for full workshop programme, details ticket information and purchase.

Additional Information

Mind Body Spirit Festival workshop presenters include:

Gordon Smith, David Wells (*mediums and TV favourites*), **Diana Cooper** (*author and Angel expert*), **James Twyman** (*Int, bestselling author & Peace Ambassador*), **Barefoot Doctor** (*columnist, author & Tao's expert*), **Barbara Currie**, (*Yoga expert & Yoga TV presenter for Body In Balance TV*), **Tim Freke** (*Philosopher & top 10 selling author UK & USA*), **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*), **Ali Campbell** (*celebrity NLP Master, Life Coach & Hypnotherapist*), **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**.

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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