

A Great Day Out!



I vividly remember my first Mind, Body Spirit Festival. I was 8 years old and my best friends mum took us. Not only was it my first exhibition, it was my first introduction to complementary therapy and spirituality which was very far removed from my own world.

As a child it seemed a magical place, crystals, unusual smells and sounds tantalised the senses leaving a lasting impression some 30 years later.

This exhibition is still going strong but these days there is far more to see, taste and try.

The Mind Body Spirit Festival brings together over 200 of the world's leading teachers, musicians, artists and exhibitors offering 6 days of self exploration, fun, laughter and community, all hosted in an environment designed to support and nurture your personal development.

With over 60 workshops at this month's festival, Wellbeing highlights some of the speakers taking the stage. If you see something that catches your eye have a look at the full workshop details at www.mindbodyspirit.co.uk You can purchase tickets online or by calling **0207 371 9191**

Wednesday 26th May

Gordon Smith

Why Do Bad Things Happen?

Ursula James

You Can Be Amazing -
Transform Your Life With
Hypnosis

Tony Buzan

Age Proof Your Brain

Jill Purce

Healing Voice

Ali Campbell

Just Get On With It

Duncan Wong

Awaken Your Spiritual
Athlete

Thursday 27th May

Tim Freke

How Long Is Now. Finding
"Big Love"

Robert Currey

Astrology – Decoding the
Mystery of Space and Time

David Hamilton

Why Kindness is Good
for You

Anjum Anand

Eat Right for Your Body
Type

Kevin Laye

'Meridian Healing' (It's not
all about the tapping)



Wednesday 26th May

Peter Grunwald

Improving Eye Sight Naturally

Peter Grunwald's

Eyebody is a learning
method that improves the
function of the eyes, brain
and body - teaching how

to let go of glasses forever.

Thousands of people who have participated in Peter's Eyebody workshops, and retreats have completely discarded their glasses, transforming their way of seeing. Glasses, contact lenses and surgery address the symptoms, not the causes of visual dysfunctions. Peter's groundbreaking method teaches that brain function can change - therefore eyesight is flexible and can also be changed. www.eyebody.com

Friday 29th May

Caroline Shola Arewa

Energy 4 Life

Energy 4 Life integrates
powerful healing modalities,
ancient spiritual traditions,
quantum science and
contemporary coaching
practices. This workshop is a
great opportunity to top up your energy levels and
learn powerful tools for use with family, friends and
clients. www.energy-4life.com



Saturday 29th May

Eva Fraser

What's the Alternative to a Surgical Face Lift?

Learn the secret to a facelift without the surgery. Recognised worldwide as the leading facial fitness expert, Eva presents a talk and demonstration on her popular and renowned method for a younger, fresher face. Eva is living proof that her methods do work. Eva Fraser - born 1928 - has inspired people all over the world to achieve a feeling of well being and confidence through her facial exercises and philosophy of life. www.evafraser.com



Diana MacDowall and Andrew Nicholson

'Feel The Fear And Do It Anyway®'

Michael Cohen

Bioenergy Healing In Its Purest Yet Dynamic Form

Friday 28th

Diana Cooper

Living in the Fifth Dimension

Delphi Ellis

Dream Discovery

Dr Jeff Levin

Heal your Life with Life Alignment

Jason Chan

Radiant Mind, Miraculous Living

Chad Cameron and Ike Allen

The Leap! Guys - The Ultimate Journey Blueprint

Madison King

How to be a Mid-life Goddess

Saturday 29th

Andrew G Marshall

How to Love Yourself Enough

Maureen Healy

Growing Happy Kids

Davina Mackail

Feng Shui Secrets for Inspired Living

Steve Taylor

Waking From Sleep: How to Generate Awakening Experiences

Barbara Currie

Stay Young with Yoga

David Sye

What You Want, Wants You!

Sunday 30th

Sophie and Audrey Boss

Beyond Chocolate: How to Stop Overeating and Lose Weight

Janey Lee Grace

Look Great Naturally - Get in the Raw!

John C Parkin

Saying F**k It Really Works

Lynda Field

Sparkle With Self-Esteem and Let Your Light Shine

Sandra Anne Taylor

The Truth about Attraction! Sorting out the Lies from the Laws

Monday 31st

Stewart Pearce

The Alchemy of Voice

Elizabeth Whiter

How to Heal Your Pet

Alla Svirinskaya

Secrets for Powerful Energy Protection

Richard Lawrence

Prayer Energy - The Power to Bring about Change

Carolyn Cowan

Forgiveness and Acceptance

Leora Lightwoman

Wholeness Through Tantra

Running from the 26th – 31st May 2010 at the Royal Horticultural Halls, Victoria, London SW1P 2QD.



Saturday 29th May

Barefoot Doctor

Flow With The Slow

Intensive relaxation technique The Barefoot Doctor is Stephen Russell, master with 44 years experience in self-development based on ancient Taoist 'warrior' principles, For the first

time ever in the UK, he will teach the ancient Taoist system of micro-motion, the ability to send deep relaxation and healing to any part of the body or mind, for self-healing or healing others. www.barefootdoctorglobal.com

Monday 31st May

Nick Williams

Nine Ways to Discover The Work You were Born to Do

If you are looking for a change of direction or want to get re-inspired about work, Nick will help you embrace the idea of working for love, fulfilment and money – this is the work you were born to do. He'll lead you through the ways you discover it and then show you how to start bringing it to fruition. He'll also help you understand how to recognise and overcome your resistance to following your heart. www.inspired-entrepreneur.com

