

# PRESS RELEASE

Wednesday 7<sup>th</sup> May 2008

## For Immediate Use

### Top Thirty Alternative Therapies to Try at the London Mind Body Spirit Festival

The news we now spend £200 million a year on complementary and alternative therapies has come as no surprise to the organisers of the London Mind Body Spirit Festival. For 32 years the Festival has mirrored the increasing popularity of holistic medicines and treatments, often being the place now convinced advocates of complementary treatments first tried out a non-conventional path to health and healing.

This year's festival again offers visitors a chance to either explore therapies or treatments in depth, in on-stage performances, paid for workshops, or by booking appointments with therapists and practitioners in the exhibition hall.

Free demonstrations and treatments throughout the day include:

1. A Ki energy treatment to detoxify the whole body and calm the mind – as currently being tested by London's Emergency services (exhibition stand 89)
2. Guided meditations for inner peace (on the hour, every hour, daily, 3<sup>rd</sup> floor)
3. Biodanza – try the dance of life for energy! (4.30pm, main hall, Saturday 24<sup>th</sup> May)
4. Chanting – clear your blockages with Shirlie Roden (11.15am, main hall, Thursday 22<sup>nd</sup> May) or the Overtone Choir (10.30am, main hall, Saturday 24<sup>th</sup> May)
5. Try a laughter workout (11am, main hall, Sunday 25<sup>th</sup> May)
6. Join in a world healing session (12.30pm, main hall, Sunday 25<sup>th</sup> May )

7. Have some healing (12.30pm, main hall, Monday 26<sup>th</sup> May)
8. Receive a 'message from spirit' (1.30pm, main hall, Monday 25<sup>th</sup> May)
9. Energy exercises (1.30pm, main hall, Thursday 22<sup>nd</sup>)
10. Shin Jyutsu, Feldenkrais and Alexander technique with expert teacher Marguerite van Boetzelaer (3.30pm, main hall, Friday 23<sup>rd</sup> May)

Therapies available in the exhibition hall include: -

1. Ayurvedic non-surgical face lifts – see a difference in 10 minutes! (stand 3)
2. Aura-Soma readings – choose four of 103 jewel-like glass bottles and discover what you really need to focus on in life (stand 50)
3. Iridology consultations - discover what your eyes reveal about your health: (stand 7)
4. Healing Interpretation and mineral analysis of the hands (stand 52)
5. Instant relief from head/back/shoulder tension with the *Surge of Chi Exerciser* (exhibition stand 10)
6. Indian head or foot massage (stand 5)
7. Reiki healing sessions (stand 25)
8. Shiatsu sessions (stand 51)
9. Gong Therapy – bathe your body in healing sound (stand 1)
10. Luxurious seaweed beauty treatments for bath, body, face and hands (stand 75)

And the following in-depth Festival workshops are available for as little as £8: -

1. Rosen Method Bodywork with Annabelle Apsion (aka Monica Gallagher in TV's *Shameless*)
2. Nutritional advice from 'Diet Doctor Inside and Out' Dr. Wendy Denning
3. How to prevent thoughts and emotions attracting illness with Dr. David Hamilton
4. Eva Fraser's facial fitness workshop offering a kinder alternative to facelifts than botox or surgery
5. Bio-energy healing to 're-wire your brain' and cure disease with Michael Cohen
6. Flower essences expertise with Ian White, a 5<sup>th</sup> generation Australian
7. Madison King on how to teach the body to heal itself with energy medicine

8. Relinquishing old pain, discovering the secret language of your body and moving forward into healing with Inna Segal
9. Using chanting, sacred songs and sonic meditation to heal with Jill Purce
10. Improving eyesight naturally with Peter Grunwald

All this and more can be found at the Mind Body Spirit Festival from 21 – 26 May 2008, now in its 33<sup>rd</sup> year

Weblink: [www.mindbodyspirit.co.uk](http://www.mindbodyspirit.co.uk)

**-ENDS-**

**Notes to Editors: -**

Journalists are welcome to attend the Mind Body Spirit Festival which runs from 21-26 May 2008 at the Royal Horticultural Halls, Greycoat Street, London SW1. For interviews, press tickets, photographs, the full festival programme or any further information please contact: Suzanne Corbie at Aquarius PR on 020 8687 0173 or 07732 493014. Email [suzanne.corbie@aquariuspr.co.uk](mailto:suzanne.corbie@aquariuspr.co.uk)