

PRESS RELEASE

MBS DISCOVERY

26th & 27th March 2011

Brentwood Centre, Brentwood

Discover the vast array of therapies and products on offer at the Mind Body Soul Exhibition this March.



With over 90 stands featuring Aromatherapy, to Reiki, Reflexology to Tarot Readings, Meditation and Yoga, there are many new experiences to discover at the Mind Body Soul Exhibition. Together with lectures, workshops and stage demonstrations, not only is the event informative, but a great day out and a unique shopping experience too.

The perfect opportunity to give your mind body and soul a chance to experience the different ways to get in touch with the spiritual and peaceful qualities that we all have inside. Relax your mind with candles, decorate your body with crystal jewellery and cleanse your soul with aromatherapy. At the Mind Body Soul exhibition in Brentwood you can take advantage of the perfect opportunity to explore the immense choice available for you to achieve this.

Whether you are interested in the different styles meditation and yoga or you would just like to know more information about your aura energy and specific herbal remedies this is your chance to get all the inspiration you need.

So, take a trip to the Mind Body Soul exhibition and feel inspired, charmed and uplifted.

Mind Body Soul Exhibition 26th & 27th March 2011

Brentwood Centre, Brentwood

Opening Times: 10am – 6pm Saturday and 11am – 5pm Sunday

Admission in Advance online: Adults £5.00 Conc. £4.00 2 Day Pass Adults £8.00 Conc. £6.00

Admission: Adults £6.00 Conc. £5.00 2 Day Pass: Adults £10.00 Conc. £8.00

Children under 16 free, must be accompanied by an adult.

-Ends-

For further information, photography or for interviews with any of the key speakers, please contact Keith Coomber on 01787 224040 or email: keith@mbsevents.co.uk



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