

PRESS RELEASE

MUSIC ON THE LAWN AT MIND BODY SOUL EXHIBITION!

This year at the Mind Body Soul Exhibition which is being held at Chilford Halls in Linton, some of our presenters will be taking you on a magical, musical journey in the great outdoors!



Join Sarah Gregg, Barbara Meiklejohn Free and Lynn Gosney as they create music and wonder on the beautiful lawns at Chilford Halls, Linton.

Sarah Gregg will be combining Reiki, Sound Healing and Shamanic Healing in a one hour workshop which will allow you to experience the gentle, albeit powerful healing effects of the Reiki Drum Technique.

If you think your tone deaf and couldn't make music try out Barbara Meiklejohn Free's 'Songs of the Flute' outdoor workshop. Here you will discover that you do not need to know or read music because in fact you play from the heart. Come along and play the flute and realise that you can indeed make beautiful music. Barbara promises an uplifting and awakening workshop!

In the late afternoon on the lawn again, Lynn Gosney will be using shamanic tools of old, bringing them together to weave the magic of life into your journey where your spirit can dance and you soul can sing as you weave a tapestry of positivity.

So if you want to be at one with nature and experience the uplifting spirits of these presenters and many more, come along to The Mind Body Soul Exhibition, Chilford Halls, Linton, Cambridge on 11th and 12th September 2010.

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Mind Body Soul Exhibition

Chilford Hall, Linton, Cambridge

Opening Times: Sat 10am – 6pm, Sun 10am-5pm

Admission on The Door: Adults £5.00 Conc. £4.

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

Tickets available online in advance from www.mbsevents.co.uk or on 01787 224040.

Tickets also available on the door.

-Ends-

For further information, photography or for interviews with any of the key speakers, please contact Hannah Irons on 01787 224040 or email: Hannah@primeimpact.co.uk