

PRESS RELEASE

MBS DISCOVERY 2nd & 3rd October, 2010 London, Olympia

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

With over 130 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.

Join David Wells to discover how you 'Find your spirit guides', Unlock the Power of Your Dreams with Davina Mackail or join Janey Lee Grace with 'Imperfectly Natural'.

Relax your mind with candles, decorate your body with crystal jewellery and cleanse your soul with aromatherapy. At the Mind Body Soul exhibition in London Olympia 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.

To order your Free programme visit our website www.mbsevents.co.uk or tel 01787 224040

Mind Body Soul Exhibition 2nd & 3rd October 2010

Olympia London

Opening Times: 10am – 6pm Saturday & Sunday

Admission on The Door: Adults £8.00 Conc. £6.00

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 Hannah Irons on 01787 224040 or email: Hannah@primeimpact.co.uk



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