

Manchester Central will spring into life between 17th – 19th October, when The Mind Body Spirit Festival rolls into town, in a spectacle of life changing activity and possibilities.

The Festival is a huge magnet for thousands of likeminded people of all ages, gender and beliefs seemingly eager to empower their lifestyles.

There will be plenty to grab the attention – in particular the life changing workshops. Places on these fill up quickly because they provide a rare and unique opportunity to absorb pearls of wisdom and be in the company of some of the most prominent wellbeing experts and authors of the day. Two such speakers at this years' event are David Wells and John Parkin.



David Wells, a household name within the paranormal genre, is extremely popular with festival goers invigorating his audience with his unique sense of humour, personality and expertise. Past life therapist, medium and astrologer, David is extremely proficient in a number of areas and has graced the pages of the national media and TV screen with his own astrology show on LivingTV as well as being regularly featured on Most Haunted, Britain's most watched paranormal show.

David's workshops are always highly sought after and transformational and this will be no exception. "Healing your Past" will transport participants back to their past lives to discover just exactly how they influence both the present and the future. Part of his workshop will involve a powerful guided meditation into the Akashic Records, a Sanskrit word meaning 'space' or 'ether' that is thought to contain the bank of all knowledge, human experience and the history of life. Access to the Akashic Records can gain you valuable insights and answers, David will direct participants into creating a new found freedom and opportunity to heal the past.



John Parkin, author, hypnotherapist and shamanic healer is another very popular and entertaining presenter. John has been a spiritual teacher for a long time, even writing sermons for his preacher parents as a child. During his early career, he wrote television commercials for well known consumer brands whilst training in hypnotherapy, shamanic healing and breathwork.

Later, he used these skills to create trance techniques to help large business corporations to produce new and creative ideas.

Five years ago John left London with his family to set up a holistic centre in Italy, 'The Hill That Breathes', where he runs holistic programmes featuring his own and other masters workshops.



The Urban Gypsies

"The Way of F**k It" is the title of John's Mind Body Spirit workshop and is based on his book "F**k It. The Ultimate Spiritual Way". Says John "As well as making you feel instantly better, saying F**k It is a spiritual act. F**k It is the perfect western expression of the eastern spiritual idea of letting go and finding real freedom by realising that things don't matter so much".

John's workshop will allow people to see that all the things they worry about are probably not so important after all. With a mixture of stories, great relaxation exercises and humour, John inspires in people a sense of freedom: that they can finally let go and do what they want to do (not what they think they should), living life fully and spiritually, but without any 'spiritual' rules.

Another element of the Mind Body Spirit Festival is the main stage, predominantly the focus for physical activity. Visitors can look forward to the lively Britain's Got Talent semi finalists Urban Gypsies, 'Bear' the infamous Didgeridoo player best known for his concert appearances with Rolf Harris and blending right alongside, soothing vocal and flute sounds from Tim Wheeler. Becky Walsh will also grace the stage with her witty and well received Stand Up Psychic Show, Whilst Jason Chan, Tai Chi Master will show the grace and precision of Infinite Chi Kung.



The British wheel of Yoga will demonstrate yoga for everyone and the beautiful **Siri Datta** will enlighten everyone to the benefits of practicing Kundalini Yoga. Kundalini Yoga is a powerful practice that embraces a combination of breathing, chanting, movement, meditation and postures that can literally transform an individual by clearing and energising the bodies energy or chakra centres. Siri Datta will talk about the effectiveness of Kundalini Yoga and also demonstrate some simple but effective techniques from this ancient and enlightening practice.

Established and highly respected, Siri Datta has now been teaching workshops for the last 10 years in London, Brighton and the West Country as well as hosting regular International Yoga retreats.

Those wanting to soak up the atmosphere and just shop won't be disappointed either, there's a diverse array of stands from healing treatments to singing bowls, foods to vitamins, spinal screenings and aura readings, psychics, mediums and information on courses. Clothing, jewellery, crystals, feng shui, books, CD's and DVD's its all at your fingertips.

A new introduction to the Festival is the movie zone. "What About Me" the unique and absorbing TV and film project from 1 Giant Leap will be shown throughout the day. Brain child of Jamie Catto, (founding member of Faithless and Duncan Bridgemen (producer, multi-instrumentalist) "What About Me" culminates four years work, over 50 locations and the exploration of music and complexities of human nature. Featuring an impressive collection of collaborators amongst them; Eckhart Tolle, Will Young, Maxi Jazz, Susan Sarandon, Billy Connolly, Neale Donald Walsh, Bob Geldof, Marianne Williamson, Stephen Fry, Alanis Morissette, KD Lang, the list is endless. All edited into a seamless musical vision and message revealing how we are all connected through our creativity and beliefs. The Festival provides a rare opportunity to meet Jamie who will be hosting a Q&A session on both the Saturday and Sunday.

The Mind Body Spirit has it all there under one roof all you've got to do is to tune in and turn on. You are going to love it!!!!

Win Tickets

We have 10 pairs of tickets to the Manchester Mind Body Spirit to be won. Just email your entry to info@mindbodyspirit.co.uk with the word competition in the subject line. Alternatively send a postcard with your name, address and telephone number to: High Spirit Comp, 755 Fulham Road, London SW6 5UU. Winners will be randomly selected. Draw closes on 26/9/2008.

To purchase tickets and pre-book workshops contact Mind Body Spirit on 020 7371 9191 or visit their website www.mindbodyspirit.co.uk