

counselling, body psychotherapy, meditation and yoga. Her Diamond Light School of Tantra, espouses an integrated and grounded approach that lends itself towards experiencing a relaxed aliveness and greater relationship intimacy.

Mahasatva Sarita teaches Tantra worldwide through her School of Awakening. She discovered it in her teens whilst in India and stayed in the presence of her Tantra Master for many years. Born in the west and residing in India for 26 years, Sarita has developed a style that makes her sensitive to ways of understanding and merging both the Eastern and Western life approaches.

Movement Medicine through dance is new to this year's festival. Developed by Ya'Acov and Susannah Darling Khan, it's best described as a movement meditation and integration of physical, artistic, spiritual, shamanic and therapeutic practices.

Says Ya'Acov, "we've become increasingly distant and separated from the wisdom of our physical bodies. Inside everybody there is a dancer; when that dancer emerges without hindering thoughts of worry or conforming, something profoundly satisfying and freeing starts happening. Movement Medicine provides tools for listening to what's inside and bringing that form, through movement, into relationship with what's outside of you making your relationships more alive and dynamic.

The Studio Movement Sessions are part of an impressive line up of 60 different workshops all presented by leading experts, teachers or authors in their field, many instantly recognizable from TV or the media.

If workshops don't appeal, there is still plenty to hold your attention with over 100 exhibitors featuring vitamins, supplements, yoga and meditation supplies, complementary health practices, aura, astrology or psychic readings, music, book signings, crystals, healthy food and clothing etc.

Alternatively experience the Meditation Space sponsored by Yoga Magazine and "sit in" on one of the free half-hour guided meditations presented by a selection of the festival's invited guests including our very own Editor, Yogi Dr Malik.

The festival power house is most definitely the main stage which hosts continuous entertainment to cater for all tastes, all day every day.

Over the six day duration, expect to see demonstrations of Yogic Arts, Yogabeats, Sivananda, Acro, Hatha and Thai Yoga. Mantra concerts, chanting, Tai Chi, Infinite Chi Yoga, Qi Gong, Chi Gung and martial arts. Dance performances are also plentiful: Dung Huang by the London Fo Guang Temple, Bollywood Grooves, PanEuhythmy, Bellydancing, Oriyan, Nia, Biodanza, Impact and classic Indian dance. Experience Tantra from Leora Lightwoman and Sarita's Shiva Shakit dance and FREE concerts daily at 2pm featuring: Sacred Earth, At-Ma, Ganda Boys, Tim Wheeler, Barbara Meiklejohn-Free and Touch the Earth

There is something for everyone at the Mind Body Spirit Festival – all you need to do is show up and enjoy your choices.

Mind Body Spirit Festival

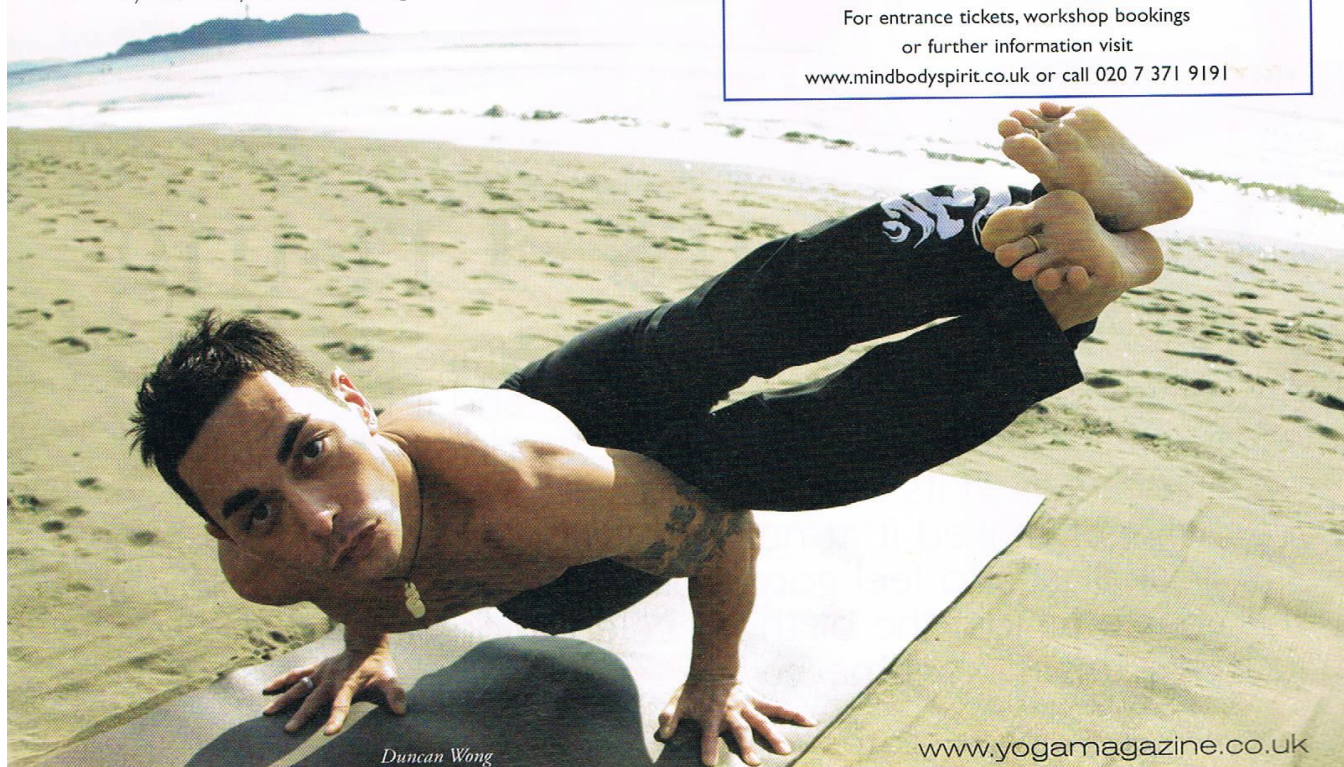
26th-31st May:

Royal Horticultural Halls, Victoria, London SW1P 2QD

11am to 6pm weekdays and 10am to 7pm weekends
(inc bank holiday)

For entrance tickets, workshop bookings
or further information visit

www.mindbodyspirit.co.uk or call 020 7 371 9191



Duncan Wong

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