

Nourish your mind, heart & soul at the

TREE OF LIFE Birmingham

Mind Body & Spirit

FESTIVAL WEEKEND

Sat 17th & Sun 18th April 2010
10.30am – 5pm

Festival Party on Saturday evening at 7pm
Queen Alexandra College
Court Oak Rd, Harborne, Birmingham B17 9TG

Entrance per day £6/£4 concs on the door
Early Bird 2 Day Ticket £9/£7 concs available until 12 Apr
& Festival Party £5

♥ Many vibrant holistic stalls & exhibitors ♥
♥ Fantastic food & drinks all day ♥

For the full festival programme & online bookings visit www.mindbodyandspirit.eu

Saturday's FREE Inspiring Talks Programme

10.30am

Opening Ceremony with Maggy Whitehouse

| | Main Hall | Room 1 | Room 2 | Room 3 |
|--------------|---|--|---|---|
| 11 - 11.45am | Deepak Lodhia The Warrior's Path to Success | Linda Crockett The Spirituality of Hormones | Jennie Gentles The Ultimate Mind, Body & Soul Detox | Lulu Filce Health Benefits of Pilates |
| 12 - 12.45pm | Jason Chan Fulfilling Your True Purpose In Life | Debra Carter How to Free Yourself From the Past | Alice Grist The High Heeled Guide to Enlightenment! | Marion Parry Be Beautiful |
| 1 - 1.45pm | Sanjay Shah Emotional Arousal - Harnessing the Power of Emotions | Heather Pozzo Healing Our Minds Through Changing Our Minds | Sylvia Chandler Natural Health - An Alternative View | Robert Brown Discover Your Life Purpose with Aura-Soma® & Colour-System |
| 2 - 2.45pm | Maggy Whitehouse Breakthrough to Happiness | Zascha Bresille Positive Thinking for Health and Wellbeing | Jacky Ann Blakeway Soul Attraction - The Pain and the Ecstasy | Steve Yates How Reiki & Crystals Bring Our Stress Levels Down |
| 3 - 3.45pm | Cate Mckenize Opening Your Heart to Love | Sarah Westwood African Drumming | Martin Boland An intro to A Course in Miracles | Dr Bettina Maria Jung Santulan Om Meditation |
| 4 - 4.45pm | Louise Pardoe & Jason Stansbie Journey to Wellness | Stephen Allen Endometriosis Trial Success | Dave Graham How do our Past Lives affect us now? | Terry Villars History and many uses of Aloe Vera |
| 5 - 6.20pm | Screening of the movie 'The Living Matrix' - A film on the new science of healing - in Room 1 | | | |

Festival Party! at 7pm on Saturday in the Main Hall, £5 entrance

Biodanza with Altair G. de Almeida ♥ 'Songs Born of a Prayer' with Muriel ♥ 5 Rhythms Dance with Dawn Morgan
FUN ♥ MUSIC ♥ DANCE ♥ CONNECTION ♥ INSPIRATION

Sunday's FREE Inspiring Talks Programme

| | Main Hall | Room 1 | Room 2 | Room 3 |
|--------------|---|---|---|--|
| 11 - 11.45am | Dr David R. Hamilton How Your Mind Can Heal Your Body | Ruth Taylor Time to Let Go of Stress | Chloe Cousins & Sandy Reygan Transference Healing & - Alchemy & Lightbody | Gurbax Kaur Bajwa Kundalini Yoga demonstration |
| 12 - 12.45pm | Andria Falk Breathe Your Way to Physical, Emotional & Spiritual Freedom | Sarita Armshaw Moving effortlessly with the Alexander Technique | Sally Rosemary Align Your Life - with Phytobiophysics Remedies | Neil Tighe Being Good At Being You |
| 1 - 1.45pm | Joe Hoare The Healing Power of Laughter | Cheryl Ford The Happy Dream: Being Your True Self Now | Kanti Khanna Unlimited Constant Success Using the 8 Spiritual Powers | Penn Munslow Now is the time to start loving yourself |
| 2 - 2.45pm | Joginder Bola & Marketa Rozsypalova Tantra Magic: The Art of Love | Harun Rabbani The Seven Faces of the Conscious Leader | Barbara Staples Palimistry Hand Analysis: Your Life in Your Hands | Raj Fulchand Health and Well-Being Incorporating stress-release techniques |
| 3 - 3.45pm | Tony & Nicki Vee Love, Sex & Intimacy | Declan Kerr Between now and 2012 | John Sherry Enjoy Real Simple Living | TBC - see website |
| 4 - 4.45pm | Andrew Nicholson & Diane MacDowall Connect To Your Potential | Peter Roper Release The Spirit Within You | Frankie Lassut Household chores - a treasure chest of wellbeing | TBC - see website |
| 4.55pm | Closing Celebrations in the Main Hall: your presence and energy is requested to close the festival. All welcome | | | |

The next Tree of Life Birmingham Mind Body & Spirit Festival will be on 9/10 Oct 2010

'The Tree of Life Festivals touch people's hearts, open their minds and awaken their spirits.

They uplift people's vibrations, support conscious living and radiate with love, light & joy.'