



## Press Release

---

November 2019 - FOR IMMEDIATE RELEASE

### THE MINDFUL LIVING SHOW CELEBRATES FOUR YEARS OF WELLBEING WITH THE LAUNCH OF 'THE WIND DOWN'

Business Design Centre, London – 6-7 March 2020

[www.mindfullivingshow.com](http://www.mindfullivingshow.com) | [www.thesleepshow.com](http://www.thesleepshow.com)

Nowadays we see growing interest in how modern lifestyles affect our mental health and wellbeing. Although people have meditated for thousands of years there is a new awareness of mindfulness practice and a huge scientific evidence base to support its health benefits.

The Mindful Living and Sleep Show is the UK's largest and leading event exploring this field, held at The Business Design Centre on 6-7 March 2020.

Over the past 3 years, the event has helped thousands of people discover more about and directly experience the benefits of meditation practice – bringing together a community of like-minded individuals. It offers a unique programme for both professionals in business, health and education and to the community of people who practice as part of their lifestyle and journey of self-awareness.

This year, the show will extend its hours with a NEW launch – **The Friday Night Wind Down** - an evening of deep relaxation. Friday night is all about sound, senses, mindful movement and dance. Sessions to rebalance energy, replenish and heal.

BAST (British Academy of Sound Therapy) founder Lyz Cooper says: *"Whether it is a regular tune-up or relaxation session, or for a chronic long-term illness, sound could help you to enjoy a better quality of life."*



But, sound therapy doesn't just help physical illness, it can balance the emotions and quieten a busy mind, leaving people feeling calm and relaxed. So, the Mindful Living Show is the perfect place for visitors to enjoy a blissful few hours of rest and relaxation and introduce an array of new sensations.

For those people who prefer daytime experiences, the show offers an inspirational two days of peace and tranquility, learning and practice. With exclusive content for both beginners and experienced practitioners, the aims are to bring those with an interest in well-being, meditation and mindfulness together, give people the opportunity to make fantastic new connections and inspire individuals to explore the field further.

The two days will feature **over 150 expert speakers** offering a mix of live practice, creative and physical workshops and the science behind mindfulness. Leading names include Dr David Hamilton, Annabelle Apsion, Lord Andrew Stone, Heather Regan-Addis plus many more.

As well as four conference-style theatres, both shows host a variety of inspirational features, bringing mindfulness, meditation and healthy sleep techniques to life. Share group meditations and practices, learn how to apply mindfulness to daily life, explore the science and take part in interactive creative and physical workshops in the **Body & Mind Space**, the **Creative Calm Space**, the **Taster Zone** and relax & reflect in the **Guided Meditation Space** – a new feature for 2020! The event also offers the opportunity to discover and sample a range of relaxing and uplifting products and services in the **Zen Market**.

The exclusive Saturday feature - **Mindful Minis** - offers families the opportunity to explore mindfulness for the young, bringing parents and children together in practical sessions where benefits can be explored to help children enjoy better mental health.

Tickets also provide access to the co-located **Sleep Show**, which continues to provide audiences with crucial advice and guidance on good sleep. With 90% of adults now reporting that they aren't getting enough sleep and 25% struggling with Sunday night insomnia, sleep-related issues cost UK businesses £40 billion each year, or 200,000 days' productivity, due to absenteeism, accidents and poor performance\*. But for people and businesses coming along to the event, they will be able



to find answers and advice around the health, science and lifestyle practices to alleviate some of these problems.

Alex Joicey, MD of the Mindful Living Show and Pep Farley said, *'The Mindful Living Show was created to increase awareness of the benefits of meditation and bring this wonderful community together – to create a positive and calm place for people to truly experience mindfulness and good health. As we grow, creating new features, delivering the best teaching through our unique speaker programme, building partnerships, our hopes remain the same and we look forward to the next event.'*

For more information, to sign up to the weekly newsletter or to purchase tickets, visit the website [mindfullivingshow.com](http://mindfullivingshow.com).

\*Ref: Susan Leigh, Counsellor & Hypnotherapist, Stress Management, Relationship Counselling, Altrincham, Cheshire, South Manchester.

---

**ENDS**

#### **FOR MORE INFORMATION**

The Mindful Living Show is organised by events business, Pep Farley. For more information, to sign up to the weekly newsletter or to purchase tickets, visit the website [mindfullivingshow.com](http://mindfullivingshow.com).



<https://www.facebook.com/MindfulShow/>

[twitter.com/Mindful\\_Show](https://twitter.com/Mindful_Show)

[www.instagram.com/mindfullivingshow/](https://www.instagram.com/mindfullivingshow/)

#### **Contact details:**

Alex Joicey

Event Director

E: [alex@pepfarley.com](mailto:alex@pepfarley.com)

W: [mindfullivingshow.com](http://mindfullivingshow.com)

DD: 0203 3191911 / M: 07903 829241

Adele Balzan

Marketing Manager

E: [adele.balzan@pepfarley.com](mailto:adele.balzan@pepfarley.com)

W: [mindfullivingshow.com](http://mindfullivingshow.com)

M: 07855161287