



COMPETITION

YOGA
MAGAZINE

Win tickets to the new Mind Body Spirit Winter Festival and the Science of Relaxation Meditation workshop

BY YOGI ASHOKANANDA

The iconic Mind Body Spirit Festival celebrates its 35th birthday this year. Marking its success is a special three day London event introducing a new vintage retro feel - The Mind Body Spirit Winter Festival.

This is the perfect opportunity to explore a variety of alternative activities from workshops to lively entertainment. Try a free sound healing in the MBS Sound Healing Oasis, or just meander the aisles of over 100 marketplace exhibitors offering an array of interesting therapies and natural products.

Whatever your preference, you won't be disappointed, and for 10 lucky Yoga Magazine readers we have a pair of Festival entrance tickets to give away with the top prize also receiving two free passes to the Science of Relaxation Meditation workshop* hosted by Yogi Ashokananda on Sat 12th November, 5.00pm - 7.00pm.

The Science of Relaxation Meditation is an active form of practice which has been kept secret for many years in India and is virtually unknown here in the west. Yogi Ashokananda developed this meditation with his teacher, which develops the strength of your lower chakra energies and integrates them with your higher awareness.

*not suitable for pregnant women and no alternative workshop is offered



MIND BODY SPIRIT WINTER FESTIVAL

runs 11th - 13th November at the
Royal Horticultural Halls, Victoria,
London.

Visit www.mindbodyspirit.co.uk or
call **0207 371 9191** for full details of
workshop speakers, stage activity and
exhibitors.

FOR YOUR CHANCE TO WIN TICKETS, VISIT MINDBODYSPIRIT.CO.UK
AND ANSWER THIS SIMPLE QUESTION:

**WHERE AND IN WHAT YEAR WAS
THE FIRST MIND BODY SPIRIT FESTIVAL FIRST ESTABLISHED?**

Enter online at yogamagazine.com or email your answers marked 'MBS TICKETS' to win@yogamagazine.com

Closing date: **26th October 2011**