



Press Release

25th February 2019 - FOR IMMEDIATE RELEASE

RUSSELL BRAND ANNOUNCED AS MINDFUL LIVING SHOW HEADLINE SPEAKER

Business Design Centre, London – 15-16 March 2019

www.mindfullivingshow.com | www.thesleepshow.com



The Mindful Living Show, the UK's largest mindfulness event announces actor, writer, comedian and meditator **Russell Brand** as the Opening Keynote speaker on Friday 15th March. Russell is known for using Transcendental Meditation, which has helped him change his lifestyle and experience a deeper state of happiness.

Russell joins an unparalleled line-up of over 150 experts in meditation, mindfulness, wellbeing and sleep health including **Russell Grant, Dr Nerina Ramlakhan, Sharon Salzberg, Vidyamala Birch, Dr Patrizia Collard, Google's Ruchika Sikri, Lord Andrew Stone** and many more.

'I have practised various aspects of meditation for many years and it has had an important place in my life. I hope by sharing my experiences other people will find their way to use it for their own unique benefit. All at the Mindful Living Show on the 16th March' – Russell Grant

Now in its 3rd year, the **2-day event** held on **15-16 March 2019** at the **Business Design Centre, London** promises to be a truly inspirational two days of peace, tranquility, learning and fun for newcomers and the more experienced. The event offers a unique programme for professionals in business, health and education and to the community of people who practice as part of their lifestyle and journey of wellbeing and self-awareness.

Launching alongside, to coincide with national sleep awareness week, is a brand new event - **The Sleep Show**. With 90% of adults now reporting that they aren't getting enough sleep and 25% struggling with Sunday night insomnia, The Sleep Show is launching at just the right time. In fact, 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.

As well as four conference-style theatres, both shows host a variety of inspirational features, bringing mindfulness, meditation and healthy sleep techniques to life. Experience group meditations, 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 the **Quiet Space**. Plus, an opportunity to sample relaxing and uplifting products in the Zen Market including new products the Moment Pebble, BedTime Box and Shobu Shower Meditations.

Also new to the show this year is the **Mindful Minis** feature offering 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.

The event has already attracted support and sponsorship from renowned organisations such as Talkhealth, Google, Mind, UK Health Radio, Mindful.org, The Mindfulness App, Breathworks, Action for Happiness, The Mindfulness Initiative, plus media partners such as Psychologies, Breathe, In the Moment, Families Magazine, The Counsellor's Café, Vegan Food & Living and Gluten-Free Heaven magazines.

These two unique events will allow people to network and meet others, gain advice and question the experts, try out new techniques and practices and all they have to offer our health and wellbeing.

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

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FOR MORE INFORMATION

The Mindful Living Show and The Sleep Show are organised by events business, Pep Farley. For more information, to sign up to the weekly newsletter or to purchase tickets, visit the websites mindfullivingshow.com or thesleepshow.com



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