



HOLISTIC

Manchester

TWO DAY INTERNATIONAL FESTIVAL TO BRING THE UK'S BIGGEST YOGA FLOW CLASS TO MediaCityUK

HOLISTIC: **International Festival of Yoga** will be a two day celebration of everything that encompasses holistic living.

The event, which will run from **4pm on Friday 16 June to 3pm on Saturday 17 June**, will promote the spirit of holistic approach for the Mind - to quiet and focus; Body - to cleanse and nourish and Spirit - to renew and awaken.

The festival has been planned in Manchester to coincide with the week of the International Day of Yoga on 21 June (the longest day and summer solstice). The day itself is built on a vision shared by the Indian Prime Minister Narendra Modi, adopted by the UN and celebrated in more than 192 nations worldwide.

The event will be divided into three areas **REUNITE, REJOICE AND REFLECT** and will bring together artists, musicians, coaches, yoga gurus and chefs to reflect upon practice, music, food, healing and living the HOLISTIC way.

The focal point of the weekend will be **REUNITE** which will feature two mass outdoor yoga flow classes which will bring together 800 yogis to practice on the piazza at MediaCityUK. The classes will be led by internationally renowned yoga gurus from an ex Bollywood star to a Chinese opera singer.

The yogis will include **Wayne Yeh, Swami Jyothirmayah** and **Bijay Anand**.

Swami Jyothirmayah is a highly regarded international teacher and lecturer on yoga and meditation from India. His popularity is such that he travels across the world to packed audiences sharing this knowledge and wisdom. He is a living example of how to be successful, stress free and happy through the power of yoga and mediation, and many are attracted to his practical wisdom, simplicity and charm.

Kundalini Yoga teacher, actor and writer Bijay Anand was a successful Bollywood actor before he turned his back on the screen to focus on spiritualism. Bijay has a holistic approach to health, as well as to the elusive word "Happiness". The principle philosophy behind Bijay's teachings is love and its connection with the fourth chakra in our body called the Anāhata Chakra. Intertwined with his philosophy of love is the emphasis on a pure, organic and natural way of life.

The Friday evening class will be two hours and the Saturday morning class will be three hours long. The Friday class will be one long flow whereas the Saturday class will be a series of 40 minute classes which yogis can dip in and out of.

REJOICE will offer visitors to the event the time to relax and enjoy a market place offering organic, yogic, holistic food and products.

REFLECT will be the opportunity for visitors to attend coaching and more in-depth smaller sessions with the gurus and some special selected coaches from across the world including Wayne Yeh and Lana O'Farrell.

Wayne Yeh is a Taiwanese Kiwi Yogi and a follower of Sri Sri. He received his training in Hong Kong, Montreal, India and Germany, has shared his yoga and mindfulness all over the world.

Lana O'Farrell is a holistic therapist. Lana is a regular speaker at wellness and mind, body, spirit events in Ireland and abroad. She is the author of the book 'How to Mind your Energy Body'.

HOLISTIC is created and managed by MediaCityUK based events company GoLive Global.

Mayur Mirwani, Director of GOLIVE said; *"We believe that HOLISTIC will be the largest celebration of Yoga in Manchester yet. Our aim is to bring together a congregation of leading thinkers of the world from India, Europe, Asia & the US here in MediaCityUK."*

"The time on the mat will offer yogis the ultimate opportunity to enjoy yoga with 799 other people whilst focusing inwards on their own practice. Plus visitors can explore our market and tap into our programme of classes inviting them to be curious about who they are."

HOLISTIC will take place at MediaCityUK on The Piazza and in The Studios on Friday 16 June and Saturday 17 June. Tickets for each day are available for £30 from May 2, 2017.

For more information about HOLISTIC visit www.holisticmanchester.com

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For more information contact **Sarah Raynard** and **Emma McGowan** at **Down at the Social** on **0161 806 0885** or email holistic@downatthesocial.co.uk.