

# MIND, BODY & SOUL EXPO

## Welcome to the 2010 Mind, Body and Soul Expo.

Back by popular demand this is the 7<sup>th</sup> expo of its type to be held as part of the Arrowtown Autumn Festivals activity programme. For those of you who have not been involved before let us introduce you. The mind, body & soul expo is a fascinating and hands on event, exploring our health and well being, personal growth, spiritual awareness, community networks, wellness education and holistic healing. Stalls are available for displays, crafts and produce, therapeutic practices and therapies.

In previous years we have boasted a fantastic variety of stalls, including massage, Bowen, Reiki, acupuncture, clairvoyants, energy healers, animal healers, dieticians, chiropractors, mediums, face readers, homeopaths, crystal and jewellery stalls, dietary supplements, veterinary stalls and life coaching. It is a fantastic way of networking and marketing your skills and product to the local and not so local market.

Lets face it everybody is interested in health and wellbeing and most people are searching for better way to expand their knowledge and better their health. If you have a service or product you would like to involve in our expo please fill out the form and send it to us with your stall fee by the 31<sup>st</sup> March 2010

The expo will be held this year on Sunday 18<sup>th</sup> April at the Arrowtown Hall. Partitions will be available on a first come first serve basis at a cost of \$10.00 (limited numbers). The stall fee is \$40.00 per stall. We ask that all stall holders commit to the duration of the expo 10am - 4pm the doors will be open from 9am to set up your stall. We encourage stall holders to dress for the occasion – traditionally embracing your practice or product.

Food and drinks will be available on site. Stall space is 2m x 2m.

Advertising will start in April so please get your entry form in ASAP so we can advertise your product. All you need to do is be there and have fun.

See you there, Vicky Bonham

**Please note** : Any profit made from the Mind, Body and Soul Expo will be donated to Spirit of Equus - a horse and pony sanctuary for the continued recovery work of unwanted horses and ponies and for their youth programme education.

**Thank you kindly for your support**

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### MIND BODY AND SOUL EXPO FORM

NAME .....

ADDRESS .....

PHONE NUMBER .....

EMAIL .....

PRODUCT OR PRACTICE .....

FEE ENCLOSED \$40.00

PARTITIONS EXTRA \$10.00 (LIMITED NUMBER)

POST TO: VICKY BONHAM 3A Innes Place Arrowtown

PHONE 03 4098041

ALL CHEQUES must be made payable to Spirit of Equus.