

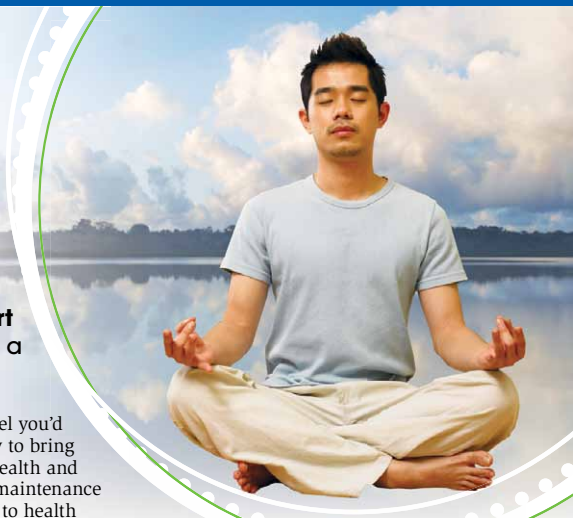
Singapore Secrets

Unearthing Lion City finds

Get in touch

Rejuvenate and revitalise your wellness with the **2013 Heart Mind Body Festival**, back in its sixth incarnation to spread a renewed sense of wellbeing to Lion City dwellers.

Do you feel your energy levels wilting or that you're just not at that spirited level you'd like to be? Then the **2013 Heart Mind Body Festival** is worth a visit and likely to bring that much-needed spark back into your daily life. Look forward to more than 50 health and wellbeing professionals showcasing their holistic approach to healing and health maintenance and join in some of the 20 free mini workshops presenting alternative approaches to health medicine and energy healing, all under one roof. Here's a sneak peek into a few of the free workshops you simply cannot afford to miss. **47 Hill Street, Singapore Chinese Chamber of Commerce & Industry (SCCCI) Auditorium, Apr 27 & 28, 11am-8pm. Tickets: \$3 (per adult) Free for children aged 12 years old and below.**



Sat April 27 highlights...

Touching bars

Find out more about a dynamic treatment called The Bars during a workshop entitled **Relationships** by Monisha of *Access Hypnosis Empowers*, a unique form of therapy that aims to help improve relationships. Believed to be a shortcut to clearing the mind and healing, The Bars treatment can also help you achieve a lasting feeling of peace and wellbeing, quieten distracting chatter in your head and release mental blocks caused by a build up of anger. **Booth: D11. April 27, 1pm. Tel: 9650 2806. Email: monisha@accesshypnosisempowers.com www.accesshypnosisempowers.com**

Paint your world

Explore the powerful world of colours with the **Colour Therapy to Assist in Calming the Mind** workshop by Judith K, an Australian spiritualist and founder of *Judithk Holistic Counselling*. Great for those looking to reduce their stress levels, this workshop will teach strategies on how to cope with tension and achieve mental clarity with the use of colours. **Booth: G4. April 27, 1:45pm**
Email: jk@judithkpsychic.com.au, www.judithkpsychic.com.au

Hand in hand

Having read more than 10,000 palms of over 55 nationalities and from all walks of life, astro-palms Master Khor (Tong Nee) will be holding a workshop entitled **It's All in Your Hands**, talking about astro-palmistry, dispelling myths about palmistry and revealing how you can benefit from gaining some basic knowledge on the subject. **Booth: D10. April 27, 3:15pm**
Tel: 9478 6894. Email: tnkhor@gmail.com

Sleep tight

Do you experience sleepless nights? Learn how you can effortlessly improve the quality of your sleep and wake up fully energised and with a clear mind at the **Quality of Life - Sleep Well, Energise, No Pain** workshop by Veronica Ong, a nurse manager turned entrepreneurial founder of *Rev 22*. Veronica will also conduct a free live blood microscopy analysis during her talk. **Booth: E8. April 27, 4:45pm. Tel: 6535 4677**
Email: info@rev22.com, www.rev22.com



Sun April 28 highlights...

Japan calling

Embrace a Japanese form of alternative therapy with *Reiki*, aimed at not only clearing your physical ailments but also inducing a positive approach to life, strengthening your immune system and helping you de-stress and rejuvenate. Join *Reiki* and crystals grand master Parag Pattani of the *Reiki Hut* during his **Reiki: Physical Healing & Beyond** workshop, where he will highlight the benefits of *Reiki* by recounting some of his valued experiences during his time as a healer. **Booth: D9. April 28, 6:15pm**
Email: parag.pattani@gmail.com www.reikhut.com

Food for thought

Did you know a raw food diet is believed to help extend life spans and increase vitality? Jump into a **Superfood Demo - Eating for Energy** workshop, where you will learn about the art of preparing plant-based fruits and vegetables, nuts, seeds and sprouts, fresh or



under low heat, and turn them into delicious delights. You'll even acquire an easy-to-prepare recipe using 'superfoods' as ingredients. **Booth: F13. April 28, 12:45pm. Tel: 9789 7908. Email: info@rawlicious.asia www.rawlicious.asia**

Mind control

Gain unflinching control over your mind and body with professional hypnotherapist Fauziah Shah, who will be holding a workshop entitled **How to Do Self-Hypnosis Effectively**. Fauziah will guide you to achieving a relaxed meditative state on your own through hypnotic induction and visualisation exercises - helping you achieve not only a relaxed state but also a better digestive system, a more peaceful sleep and a mind free of self-doubt. **Booth: F1. April 28, 1:30pm. Tel: 6250 6166**
Email: info@petrahypnosis.com www.petrahypnosis.com

Power up

Author of the bestseller *Awaken Your Healing Power*, John Wong will be conducting a workshop called **Psycho-**

Energetics - Healing by Mind Power, where you can catch exciting news of how transcendental connection, which spiritual masters usually perform, can now be performed with a device. Don't miss a live demo of this powerful tool in action. **Booth: E9 & E10. April 28, 2:15pm**
Tel: 6274 0141. Email: john.wongcw@gaialifeinternational.com www.transcendentalconnection.com/www.gaialifeinternational.com

Acoustic healing

For massage enthusiasts looking for a unique experience, the **Alchemy Crystal Bowl Sound Bath** workshop by *Sound Universe* is sure to intrigue with their melody-inspired massage approach. Immerse your senses in a Sound Bath, a massage based on high vibration sound waves created by Alchemy Crystal Bowls, aimed at enabling deep relaxation of the brain and body and promoting a natural form of cell healing. **Booth: C1 & C2**
April 28, 3:45pm. Tel: 9128 4169
Email: info@thesounduniverse.com www.thesounduniverse.com