

Attn: News Desk

# bodymindsoul *Carnival*

The HEART of Community

Home Engage Appreciate Rejoice Transform

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## NEWS RELEASE

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**SELANGOR, Wednesday, 20 September 2017** — The bodymindsoul magazine will be organising its inaugural carnival, to be held from **25 to 26 November 2017**, at **Commune, Sunway Velocity Mall**, Kuala Lumpur. The theme of the carnival is **Heart of Community**. The carnival will engage people through activities to build appreciation of each other and Mother Nature, as well as to celebrate the abundance of their lives. The carnival will also promote the transformation of the community towards realising a world that is filled with love, joy, gratitude and harmony.

Through events such as this carnival, bodymindsoul magazine hopes to increase awareness that our thoughts and emotions affect our lives, and educate the public about the importance of a positive mindset and lifestyle. The magazine would also like to promote self-understanding to help people manage their lives better, which will also improve their interaction with loved ones and subsequently with the community, and lastly build a healthier relationship with Mother Earth.

In this two-day event, there will be many types of activities suitable for individuals as well as families, including but not limited to the following:

- **36 booths** featuring organic food and beverages, children enrichment options, natural skincare and household products, arts and crafts, alternative healing services and products.
- **Free experiential workshops** to improve emotional well-being.
- **Free meditation classes** to promote inner peace.
- **Free yoga, musical and dance activities** to lighten up your mind, body and soul.
- **Free healthy cooking demos.**
- **Free fun and educational children's activities.**
- **Latest technology** to detect stress levels and health status of the body.

Come and experience fun-filled games that bring out your inner child, try out alternative healing techniques to soothe your emotions, and many other activities to open your hearts to connect to everyone and our beautiful planet Earth. We plan to send you home with smiles, love, peace and happiness.

To register for this event, log on to <http://bit.ly/2ip39tn> and enjoy the following, while stocks last:

- Free digital copy of bodymindsoul magazine (vol. 10)
- Free goodie bag
- Stand a chance to win exciting prizes in a Treasure Hunt

## **Editor's Notes:**

### **About bodymindsoul magazine**

The bodymindsoul magazine is a quarterly publication of The Golden Messengers, supported by The Golden Space Malaysia with the vision of creating awareness on positive living and holistic wellness in Malaysia.

Holistic wellness is about helping people rebalance and rejuvenate their body, mind and soul. bodymindsoul magazine constantly inspires to create a bold image of Holistic Wellness to Malaysians and Singaporeans alike. We stand firm in our belief that great health, harmonious family and inner peace is possible! bodymindsoul magazine is distributed nationwide in all major bookstores in Malaysia and Singapore, as well as in collaboration with selected specialised holistic living centres and healthy living hotspots in urban areas.

For more information about the bodymindsoul carnival, please call **03-6143 5508**, email [info@bodymindsoul.com.my](mailto:info@bodymindsoul.com.my) or log on to [www.bodymindsoul.com.my/carnival2017](http://www.bodymindsoul.com.my/carnival2017).