
PRESS RELEASE

FOR IMMEDIATE RELEASE
12 February 2019

6TH BODYMINDSOUL CARNIVAL *Start The Year Right By Being In “Harmony”*

PETALING JAYA, SELANGOR, 12 February 2019 – The bodymind soul Carnival kicks off 2019 with the “Harmony” theme. A hub of positive lifestyle solutions, the Carnival is happening at IOI Mall Puchong, 3rd Floor, on 30 & 31 March 2019 from 10am to 10pm. Admission is free.

This Carnival is about being in harmony with ourselves, leading to harmony with others, with Mother Earth and with everything else. And in that space of harmony, everything in life flows with ease.

The bodymind soul Carnival will continue with its popular signature programs, which comprise experiential meditations as a main component. Other free programs include sound healing, laughter yoga, health and wellness sharing, children’s performance, inspiring talks, green living awareness, informational and bonding activities that are suitable for the whole family. All activities are universal and non-religious.

“We are very excited to reach out to other parts of the Klang Valley in 2019. And we are starting with Puchong this March. We want everyone to have a great start to the year by having harmony in the heart. With that, everyone will have clarity of direction and hence, be able to lead a harmonious and fulfilling life,” said Yeoh Lee Lee, the Chief Editor of the bodymind soul Magazine.

The bodymind soul Carnival collaborates with like-minded vendors who are passionate in sharing positive lifestyle solutions with the community. Amongst these are alternative healing services, holistic wellness solutions, organic or natural products, children enrichment options, responsible and sustainable living solutions and many others.

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“The bodymindsoul Carnival prides itself in being a Holistic Wellness Solutions Hub for the physical, emotional, mental and spiritual aspects of daily living. We put great emphasis on green living and youth education. And nothing gives us greater pleasure than to be able to make all these solutions easily available to the community at our Carnival!” said Vivien Loh, the Event Director of the bodymindsoul Carnival.

To spread the good vibes of love and harmony, the bodymindsoul Carnival will again run its signature “Positive Parade” team, comprising joyful children and adults, going around the mall giving free bookmarks of positive quotes and smiles to everyone.

As with past Carnivals, the less-privileged of our community continues to be part of the bodymindsoul Carnival, offering their love-based crafts and services. Sponsored by generous contributors, participation in the Carnival helps these selected NGOs raise public awareness and supports their efforts towards self-sustainability.

With passionate booth vendors, free activities, and inspiring NGOs, the team behind the bodymindsoul Carnival hopes to motivate and inspire all visitors to live a harmonious and positive lifestyle!

Register now @ <http://bit.ly/bmsCARNIVALmar2019>

For more details, please visit :

Website : <https://bodymindsoul.com.my/>

Facebook : @BodymindsoulMagazineMalaysia

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Call : +603-6143 5508

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About The Golden Messengers Sdn Bhd

The Golden Messengers Sdn Bhd is a subsidiary of The Golden Space (M) Sdn Bhd. The Golden Messengers constantly inspires to create a bold image of Holistic Wellness through the bodymindsoul Magazine and the bodymindsoul Carnival.

Organized by The Golden Messengers, the bodymindsoul Carnival is a platform to promote awareness of holistic wellness, and for like-minded people to share their experiences, products and services to transform the community. The bodymindsoul Magazine serves as the official magazine for the Carnival and all other events organized by The Golden Messengers Sdn Bhd.

For more information, go to <https://www.bodymindsoul.com.my/>