



**Please Note: That the exhibitions schedule is subject to change**

**Please Note:**

**Regrettably, this venue is not accessible for individuals with mobility challenges, as the exhibition will be held in an upstairs studio accessible only via steep stairs. We sincerely apologise for any inconvenience this may cause and appreciate your understanding.**

What's On at The Mind Body Soul Exhibition

**Sunday, 13th April 2025 | 🕒 1:00 PM – 5:30 PM**

**📍 The Yoga Factory, Unit 8, Victoria Business Park, Short St, Southend-on-Sea SS2 5BY**

**🎫 Entry Fee: £10.00**

---

👉 What's Included in Your Entry Fee:

- Access to all **Talks, Demonstrations, and Guided Meditations**
- Seating is limited – **pre-booking is highly recommended**
- Book via our [Appointments Page](#) to secure your space we are limited to 12 spaces per either Talks, Demonstrations or Guided Meditations

---

🚫 Not Included with Entry (Additional Costings):

Enhance your experience with optional extras, available on-site some things can be pre booked check out our Appointments Page.

🔮 Readings:

- **Spiritual Medium 1-2-1 Readings** – £10.00 (20 minutes)
- **Oracle Card Readings 1-2-1 Readings** – £10.00 (20 minutes)

### Stalls & Services:

- **Aura Graphs & Readings** – Additional cost's
- **Purple Phoenix Spiritual Items** – Crystals, incense etc. – Additional cost's
- **Pachamama Potions** – Shamanic products – Additional cost's

### Holistic Therapies:

- **Reflexology** – Additional cost's
- **Indian Head Massage** – Additional cost's
- **Angelic Reiki & Crystal Healing** – Additional cost's

*All additional services can be paid on the relevant business / person / persons on the day of the exhibition*

*Or prior to the exhibition paid via pre booking on the Appointments Page.*

---

## Event Schedule

### Time & Event

- 1:30 PM – 2:00 PM - Tai Chi Yang Style & Qigong – David Puncher
- 2:00 PM – 2:30 PM - Mini Yoga Nidra Talk & Seated Practice – Sam Maguire
- 2:30 PM – 3:00 PM - Break
- 3:00 PM – 3:30 PM - Intro to Spiritual Healing – Essex Healers Association
- 3:30 PM – 4:00 PM - Intro to Spiritual Mediumship – Speaker TBC
- 4:00 PM – 4:30 PM - Spiritual Meditation – Soul Star Sisterhood of the Rose
- 4:30 PM – 5:00 PM - Intro to Shamanic Healing – Pachamama Potions
- 

### Medium Readings Schedule (£10.00 Each)

#### **Group 1: 1:00PM – 3:00PM**

- Fleur Elliott
- Wendi Maslin
- Katie Smith
- David Rush

#### **Group 2: 3:00PM – 5:00PM**

- Kerry Ann

- Jackie Edwards (*Oracle Cards*)
- Gerry Carter
- Eileen Hannon
- Simon Coote

👉 *Book in advance or pay on the day at the entrance.*

---

### ☀️ Healing Sessions – Available on the day

Provided by the **Essex Healers Association**

Featuring:

- 5 EHA Practitioners
  - Alan Downing – Representing Thundersley Spiritualist Church
- 

### 🖼️ Featured Stalls

- **Purple Phoenix – Hazel Parr:** Crystals, incense & more
  - **Clint:** Aura Graphs & Readings
  - **Pachamama Potions:** Shamanic Tools & Products
  - **Essex Healers Association Booth**
- 

### 🧘‍♀️ Holistic Therapies

- **Reflexology & Indian Head Massage** – Sandra Wiseman
  - **Angelic Reiki & Crystal Healing** – Dawn Higgins
- 

### 📞 Contact Us

Have questions? We're here to help:

✉️ Email: [info@mindbodysoulexhibitions.com](mailto:info@mindbodysoulexhibitions.com)

📞 Phone: 0800 161 3364

### 📍 How to Find The Yoga Factory

#### 📍 There Location

**The Yoga Factory**

**Unit 8, Victoria Business Park**

**Short Street, Southend-on-Sea, SS2 5BY**

**They conveniently located just a short walk from Southend Victoria Train & Bus Station, making us easy to reach by public transport or car.**

#### **Directions by Foot or Car**

**Finding us is simple once you're on Short Street, which is the same road where the Royal Mail Sorting Office is located.**

**Head to the very end of Short Street.**

**Just before you reach the Aviva Bus Station, look for a small turning on your left—this is Victoria Business Park, a small industrial estate.**


**Turn into Victoria Business Park, and you'll see us straight away!**


**The Yoga Factory is Unit 8, the first studio on the left as you enter.**

#### **Parking Information**

**We want your visit to be stress-free, and that includes parking:**

 **Free parking is available on their forecourt.**

 **During evenings or weekends, when our classes are busier, feel free to use any available spaces around the neighbouring units within the business park.**

 **Please avoid parking directly opposite our unit, as those spaces are regularly used by other businesses.**

#### **Arriving by Train or Bus**

**We are a 2-minute walk from Southend Victoria Station:**

**As you exit the station, head onto Short Street.**

**Walk past the Royal Mail building.**

**Just before reaching the Aviva Bus Depot, turn left into Victoria Business Park.**

**They are in Unit 8, on the left-hand side.**

**We look forward to welcoming you and sharing a beautiful day of growth, healing, and connection.**