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Sex, Yoga and Chocolate: Valentine's Day and Beyond

VANCOUVER, BC: This year's 18th annual **Wellness Show** features speakers and workshops to take you beyond Valentine's Day, and help you to feel happy and healthy all year around. One facet of a holistic lifestyle is a healthy sex life, and **The Wellness Show** has two ways to keep yours hot.

On Sunday, May 2, at 4:30 pm, Laura Lauder of **Xocai Chocolate** presents *Chocolate Lovers Unite-Nature's Most Decadent Fruit Really is Good For You!* "We all love it and we all crave it, because it gives us an overall "warm" feeling of contentment, something akin to what we feel when we are in love," says, Lauder. "Scientists have confirmed that this effect comes from a naturally occurring compound in chocolate known as PEA (phenylethylamine) - also known as the "love chemical" - that stimulates endorphin release and elevates mood. As well, an amino acid found in chocolate (arginine) is a natural sexual stimulant. Casanova is reported to have eaten chocolate often because of its aphrodisiac properties... no wonder Valentines' and Chocolate go together!!"

Xocai, known as the "Healthy Chocolate," is a dark, decadent Belgian chocolate that is cold-processed, free of caffeine, preservatives, harmful fats, processed sugars, waxes and fillers. **Xocai** will also be one of the exhibitors at **The Wellness Show**.

On Saturday, May 1, at 1:30pm, Kareen Zebroff presents *Sex and Yoga*, where she will discuss the three aspects to having a happy sex-life: body, heart, and soul, and how Yoga can give the tools to be able to experience control over your sexual pleasure.

"There is a practice in Hatha Yoga called Aswini Mudra," says Zebroff in an article published in February, 2003's *Common Ground*. Similar to eating Chocolate, "it causes serotonin, endorphins and endovalium to be released to the brain making you "feel good" and energetic. It also causes dopamine and noradrenaline to shake each other up producing feelings of harmony, peace and expanded consciousness. Doing these Kegel-type exercises regularly enables one to calm down and become more "content" in general, and to significantly improve one's sex-life (more control over orgasms, better sexual timing, earlier arousal), sleep-patterns, concentration/learning disturbances, digestive processes, hormone-production and menstrual problems."

The Wellness Show runs from Friday, April 30, through until Sunday, May 1 at the Vancouver Convention and Exhibition Centre, 999 Canada Place. General admission tickets are \$12.50, Seniors and Students are \$10.00, Children 6 - 15 yrs are \$5.00, and Children 5 and under are free. There are also 3-Day Passes available for \$27.00. Tickets are now available online at www.thewellnessshow.com and at the door.