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Eat, Pray, Live at The 2011 Wellness Show

NORTH VANCOUVER, BC: New Rave Productions presents the 19th annual **Wellness Show**, the largest trade show in Western Canada dedicated to helping you to live a more balanced and holistic lifestyle. **The Wellness Show** includes exhibitors, speakers and demonstrations on a diverse range of Wellness topics, all under one roof. A visit to **The Wellness Show** will help you to look better, cook better, have more awareness around healthy lifestyle choices and options for healing, and generally have you feeling terrific!

From **February 18-20** the new Vancouver Convention Centre will see more than 30,000 visitors checking out the more than 300 exhibitors, plus demonstrations and workshops, where there is truly something for everyone.

This year's **Wellness Show** includes many exhibitors, presenters and workshops that have grown to be favorites over the last few years. These include *Bikram's Yoga*, *Sufi Whirling*, *Speedmonton*, and cooking demonstrations from Antonio Cerullo (executive chef at Choices Markets) and Vancouver's own King of the California Roll, Tojo.

There will also be new delights to explore. N.Y. Times Best Selling author and world-renowned healer Master Zhi Gang Sha will present a workshop on *Four Power Techniques for Self Healing*. Vesanto Melina addresses the current Raw Food trend with a workshop entitled *Optimal Raw Food Diet*. Alison Kent will be doing demonstrating recipes from her new cookbook, *Vegetarian Times*, and there will be a special tea garden with tastings and tea ceremonies.

Peter Lamas, who heads a beauty empire, built while working on such celebrity clients as Elizabeth Taylor, Jackie Kennedy and Diana Ross, will present a workshop on looking and feeling your best.

There will be contests, giveaways, and lots and lots of yummy food to sample!

The Wellness Show runs from Friday, February 18, through until Sunday, February 20 at the new Vancouver Convention Centre, West Building Exhibit Hall C, 1055 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.

www.thewellnessshow.com

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