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Top 10 Wellness Trends In Vancouver

VANCOUVER, BC: From holistic therapies, to whole foods, to hiking the Grouse Grind, Vancouver is a city that takes health and wellness seriously. **The Wellness Show** (celebrating its Twentieth year in 2012!) is proud to be a part of that, and will present over 200 health and wellness exhibitors, plus over 100 guest speakers, demonstrations and workshops on a variety of topics, all designed to help you live your most balanced life ever, February 17-19 at the Convention Centre.

Here are the top 10 Health and Wellness Trends in Vancouver:

1. **Meditation:** key for reducing stress and gaining clarity, The Wellness Show will feature multiple workshops on meditation: *Sufi Whirling*, *Meditation Made Easy*, and *Meditation is More than Just Sitting Still!* as well as meditation props and aids.
2. **Juicing:** extracts the vitamins and minerals from fruits and vegetables, and makes it easier for you to absorb them. Attend a juicing demonstration, or sample juices, smoothies and juice supplements by our exhibitors.
3. **Coaching:** having someone to guide you and be accountable to is a powerful step towards self-actualization. Chat with one of the many coaches at the show about your goals to discover the right fit for you.
4. **Fitness:** we all know how important it is to move our bodies, and how good we feel when we do! The Wellness Show has something for everyone: Badminton, Yoga, Pilates, Running, Walking, Bollywood Dance Classes, Square Dancing, and fitness for plus-sized women.
5. **Massage / Reflexology / Spas:** once thought of as a luxury, we are now coming to understand that these relaxation therapies are a powerful maintenance activity. Get a massage or reflexology treatment at the show, or indulge in a spa treatment. You'll leave looking good, and feeling good!
6. **Local, Seasonal, Fresh Food:** no two ways about it, Vancouver is a foodie city. Join some of Vancouver's world-class chefs, as they demonstrate dishes that come from our own backyard. They include: Pino Posteraro, Cioppino's; Ned Bell, The Four Seasons; Jennifer Peters, Raincity Grill; Robert Erikson, Central Bistro; Antonio Cerullo, Choices Markets; Kris Kabush, Hart House Restaurant; Hidekazu Tojo, Tojo's; and special guest, Julie Van Rosendaal, best-selling author, *Spilling the Beans*.
7. **Holistic Forms of Therapy:** Naturopaths, Chiropractors, Shiatsu, Physiotherapists and Energy Healers are now a mainstream way of maintaining our health. Visit with the many holistic therapists at The Wellness Show and ask them questions about your health.
8. **Super Foods:** we love our hemp, chia seeds, omega 3s, acai, quinoa and flax! Sample hemp milk, and all manner of products made with super food ingredients!

9. **Tea:** we love our tea, not just because it warms us up, calms us down, and tastes great, but also for all its health benefits: bring on the antioxidants! Sample teas from around the world in our brand-new Tea Garden, or attend a workshop with one of our master tea-makers.
10. **Gluten-free, Raw and Vegan:** more and more of us are discovering that we are gluten intolerant, and this is a good time to do so, as more and more G-F products are being introduced. Sample many at the Wellness Show. There will also be lots of options for raw-food enthusiasts and vegans.

The Wellness Show runs Friday, February 17 (noon to 8 pm), Saturday, February 18 (10 am to 7 pm), and Sunday, February 19 (10 am to 6 pm), at the Vancouver Convention Centre, East Building Exhibit Hall B & C, 999 Canada Place. Tickets at the door are: \$16.00 (General Admission), \$14.00 (Seniors & Students), \$6.00 (Children 6-15), FREE (Children 5 Years & Under), and 3 Day Passes are available for \$30. Discounted tickets are available online at http://www.thewellnessshow.com/2012_tickets_sales.html. \$2 off coupons at all Choices Markets.

<http://www.thewellnessshow.com>

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