

# OUT & ABOUT

## The Wellbeing Show is back gain!

What better way to start the New Year than taking your toxin-weary self to the bigger, better Wellbeing Show 2007?

This year the show, now in its third year, is being held in the new Sheikh Rashid hall at the Dubai International Conference and Exhibition Centre from January 18 to 20. The three-day event, which includes a great line-up of workshops, seminars and demonstrations, promises to be the ultimate inspirational tool to kick-start any well-intentioned resolutions that may already have fallen by the wayside.

Expert local and international speakers, nutritionists, exercise, beauty and healthy eating gurus have joined together to offer visitors a complete mind and body make-over. Offering an eclectic blend of health-inspiring events and practical demonstrations, the Wellbeing Show's programme has something for anyone interested in improving their lifestyle. In addition to the show's international stars – Shelly von Strunckel (astrology), Joey Yap (Feng Shui, astrology and face-reading), Patrick Holford (nutritionist), Roja Dove (fragrance expert) and Sue Jackson (organic farmer), look out for:

- Mala Jham, a Dubai-based holistic practitioner and therapist speaking about Jin Shin Jyutsu, continuum movement and becoming a healer with Brennan Healing Science.
- Dr Leila Edwards, a Bahrain-based hypnotherapist, counsellor and motivational coach, leading a session on hypnobirthing for parents-to-be.
- Sunita Techchand, a Dubai-based aromatherapist and Jyu Shin Jyutsu therapist, leading workshops on aromatherapy and beauty, Jin Shin Jyutsu and ear-coring.
- Suha Wilson talking about the revolutionary new way to stop smoking: I Quit Smoking (IQS).

For a full schedule of workshops, seminars and demonstrations, visit [www.wellbeingdubai.com](http://www.wellbeingdubai.com)

