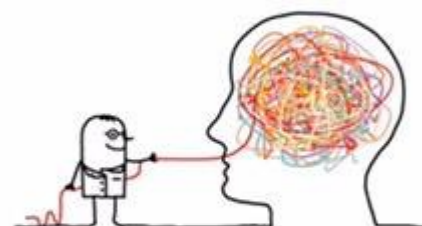


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ThinkNotts



Mass Meditation in Old Market Square

13.05.17

Save The Date

ThinkNotts: Mass Meditation Event in Nottingham City, May 13th

For Immediate Release

A mass meditation and holistic well-being day is planned on 13th of May, 2017. It's an event known as ThinkNotts which will be held at the Market Square in Nottingham City Centre. The public is invited to come together for meditation, music, education, and entertainment. This kick-off event is designed to launch the awareness of Unplugged Space.

Unplugged Space is a Nottingham-based group of expert holistic practitioners who want to breathe new life into the awareness of the benefits of meditation. The aim of Unplugged Space is to make meditation freely available with easy access Hubs for users to receive sessions from experienced local practitioners, making meditation accessible to anyone, including beginners, children, the over 50s, and the under-privileged. The first Hub has been created at Tiger Boe Well-being Centre, 7 Clarendon Street, NG1 5HS and sessions are currently hosted every Saturday afternoon.

The ThinkNotts event will feature expert practitioners and guest speakers who will share insight on the benefits of meditation. Sarah McLean, a meditation expert, author, and popular American speaker from Sedona, Arizona will lead a compassion and peace meditation experience, suitable for anyone of any age. There will also be musicians and information booths on nutrition and complementary therapies. The event is designed to help wider audiences have an experience of meditation and become more aware of how the practice of meditation can dramatically impact their health. Research shows that techniques like mindfulness and guided meditation can deliver numerous health and wellbeing benefits.

"All too easily, daily stress can take its toll. For overworked and overactive minds in today's fast-moving world, a few moments of meditative calm can help improve one's mood, increase one's sense of wellbeing, and boost one's energy level considerably," says Sue Cooper, a registered nurse and holistic lifestyle coach and a co-founder Unplugged Space.

"I know meditation works. I have been developing my personal practice over the last 12 years and I feel calmer, more centred, and more creative. I enjoy a full and vibrant life. It is a great privilege to be part of this new community well-being initiative and make meditation accessible to more people."

Sue Cooper cofounded Unplugged Space with Chu Kat Martindale, a Chinese Doctor and founder of the Tiger Boe Centre which is an independent, community holistic healthcare centre located in the heart of Nottingham. They

are joined by Sunita Passi, an Ayurvedic Therapist and founder of award-winning Tri-Dosha whose forward thinking approach has attracted skilful therapists and wellness venues to invest in holistic training.

“For people who are dealing with a transitions, or are overly stressed, or are looking for purpose and meaning to life, or lack confidence, or are looking for direction, Unplugged Space can help. It provides a variety of solutions including complementary health care and meditation, and makes them accessible to everyone so they can access the benefits for themselves, irrespective of finances. In addition, anyone can attend free meditation sessions offered at the first Unplugged Space Hub in operation at the Tiger Boe Centre on Clarendon Street, thanks to a community of volunteer meditation facilitators.”

Over a period of five years, the vision for Unplugged Space is that hubs will be in schools, universities, workplaces, health and well-being centres, and creative spaces within communities.

For more information about Unplugged Space and the ThinkKnotts event visit the website where you'll find videos and health information:

www.unpluggedspace.org

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Social media:

w: www.unpluggedspace.org

f: www.facebook.com/unpluggedspace/

t: twitter.com/UnpluggedSpace

v: <https://www.youtube.com/channel/UCRM2rI9iXAnztq46Tng99NQ>

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