

# Spring Awakening!

Mind Body Spirit Festival  
Saturday 4th April: 10am–5pm



**A free one-day Festival at the Pierian Centre  
with dozens of practitioners & therapists.**

Stalls, talks & tasters will include: Shiatsu, Alexander technique, massage, meditation, yoga, kinesiology, homeopathy, acupuncture, live music, music therapy, ancient knowledge, NFSH healing, reiki and much more!

It's all free – and only 2 minutes from Cabot Circus!

**10am–5pm on Saturday 4th April at the Pierian Centre,  
27 Portland Square, St Pauls, Bristol BS2 8SA. Free entry –  
refreshments available. 0117 924 4512, [info@pieriancentre.com](mailto:info@pieriancentre.com)**

