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Yoga & Wellness Festival Launched in South Muskoka
A Free Day of Yoga, Music, and Healthy Living, Sept 21, 2014

Severn Bridge, ON: Pure Living Festival is launching its first annual festival of live yoga, workshops, music, and alternative health and wellness services on Sunday, September 21st from 10am - 4pm at Pura Vida Soul Institute in Severn Bridge.

The festival is open to everyone of all ages and admission is free to the public. The event will feature:

- Live music
- Workshops and yoga classes
- Kids Activities
- Vendors Village
- A Healing Garden where guests can receive private sessions in massage reiki, reflexology, energy work, and more!

All donations collected at the event will be given to the Youth at Heart Drop-In program at the Gravenhurst Opera House; a free program available to youth in the community that promotes healthy eating, positive relationships, and self-esteem. The organization was selected as the recipient of the Festival because "its vision to integrate a variety of contemplative practices including arts, games, theatre, yoga, and meditation offer youth a solid foundation to find themselves but also to build the skill sets to manage the increasing stressors present in school and work today," says Jennifer Kavanagh, founder and organizer of the Festival. "This program is crucial for our youth and something we would like to see grow in our community so it can benefit many more."

For more information about attending or participating in the Pure Living Festival please visit www.PureLivingFestival.com or contact Jennifer Kavanagh at Jennifer.Kavanagh@PuraVidaSoulInstitute.com

About Pura Vida Soul Institute: A hot yoga studio and retreat center set in the middle of a 20-acre forest, our mission is to help burned out professionals reduce their stress, calm their mind, and heal their soul. Pura Vida helps individuals refocus and take notice of the little things that have the biggest impact on our stress, health, and happiness through regular classes, coaching, programs, and retreats.

Attachment: Please see attached flyer for the event.