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*******FOR IMMEDIATE RELEASE*******

March 31st Sacred Being Health and Wellness Fair in Poughkeepsie

Poughkeepsie, NY: As warm weather approaches, prepare to do spring cleaning in all aspects of your life, including your mind, body and soul.

The Sacred Earth Project and The Green Brain Initiative of PRIyaCOMM would like to announce a Health and Wellness Fair that will reconnect us with our Sacred Being. The Fair will offer Six Masters in One Day in the form of wellness workshops featuring Zazen Meditation, Reflexology, Native American Medicine, Holistic Nutrition, T'ai Chi Ch'uan and Yoga. In addition to the sessions, there will be a business showcase of a variety of health practitioners including acupuncture, Chinese herbs, iridology, belly dancing, homeopathy, spa therapy, organic skin care, healthy food, beverages and much more!

The Sacred Being Health and Wellness Fair will take place on Saturday, March 31st at the Locust Grove Estate on Rte 9 in Poughkeepsie from 10:00 a.m. to 4:00 p.m. An All-Day Pass is \$20 in advance and \$25 at the door. This will include access to all the vendors and workshops, as well as an old-fashioned penny social, raffling off donations from several of Hudson Valley's wellness practitioners. Admission excluding the workshops is \$5.

President of PRIyaCOMM, Karen Dipnarine-Saroop, noted, "The purpose of the Fair, aside from encapsulating one of the region's foremost industries, is to raise funds for the Sacred Earth Festival. This unique event will take place on the last weekend in June at the Mid-Hudson Children's Museum in Poughkeepsie. The concept behind the festival is two-fold: to demonstrate how religious and spiritual practices can aid in environmental conservation efforts, and to inspire families to see the interconnection between man, nature and the Divine. There will be art, music, cultural demonstrations, exhibits by spiritual and environmental groups, food and dancing."

For more information on the Sacred Being Health and Wellness Fair or the Sacred Earth Festival, visit www.green-brain.org or call 845-849-2205.
