

Vernon Morning Star – Community

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Faire wakens community to soulful wellness options



Chris Madsen and Ashleigh Magill, founders of the Body and Soul Wellness Fair, encourage everyone to come check out the free event Saturday and Sunday at the Vernon Recreation Complex.

Vernon Morning Star

By [Jennifer Smith - Vernon Morning Star](#)

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With everything from hot tubs to medicine men, an upcoming event is offering a wealth of wellness options for both the body and soul.

The increasingly popular Body and Soul Wellness Fair returns Saturday and Sunday at the Vernon Recreation Complex auditorium. The free event showcases 57 exhibitors Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 5 p.m.

With more and more people waking up to the positive benefits of alternative therapies in the North Okanagan, organizers say this is an excellent opportunity to bring options to the forefront.

“It unites the different healing modes within the community,” said event organizer and co-founder Chris Madsen, who is also a musician and runs his own music school.

Madsen came up with idea for the event five years ago, and with co-founder Ashleigh Magill they planted the seeds and have watched the event grow.

Even in its initial year, it wasn’t hard to sell the idea as the event saw 1,000 people come through the doors.

“Right from the beginning it was a success,” said Madsen, adding that there was no resistance to the idea.

Since the event kicked off five years ago it has not only become an annual event, but has grown in popularity so much that the event now takes place twice a year. Magill suggests the reason the fair continues to be such a popular event is because more and more people are discovering the alternatives available on their journey to well-being.

“Everybody’s waking up whether it’s spiritually, mentally or physically,” said Magill, who is also a creative director at Nature’s Fare. “And we’re waking more and more people up. It’s a virus of love.”

For those who have yet to tap into the benefits, the fair gives locals an opportunity to check out what’s available.

“It’s one thing to think in your mind, ‘I want to get healthy, what can I Google?’” said Magill.

But the Body and Soul Wellness Fair is, “a way for people to connect.”

For more information check out the free event over the weekend, or visit www.bodyandsoulwellnessfair.com.