

Body, Mind and Spirit
come together in the
spirit of healing at the

Indianapolis

Festival of Light

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Collegian photo by Liz Freeman

STRETCHING AWAY STRESS: Senior Vanessa Stowes sits in a yoga position in Holly Repenn's 8 a.m. yoga class.

It's the time of year again to open your mind, nourish your spirit and contort your body. The fifth annual Body Mind Spirit Festival of Light is approaching quickly, and with it, prospects of personal healing, spiritual growth and musical fun.

Claiming to be "the only one of its kind in the Midwest," the two-day outdoor festival will take place in Broad Ripple Park from 10 a.m. to 5 p.m. on Sept. 23 and 24. The festival will offer representatives, methods and products for "holistic healthcare."

According to Vickie Wright, founder and coordinator of the event, the festival's mission is to inform people of health options aside from traditional medicinal treatment. "Holistic healthcare," said Wright, "is a combination of traditional medical procedures and complementary therapy. Complementary therapy, or alternative therapy as it is often called, uses fewer prescription drugs and less invasive techniques."

Wright said that she experienced much illness herself and tried many different types of traditional treatment before she