



NEWS RELEASE

Good Food, Green Spaces and a Clear Mind

Southwark, London (28th June 2009) – Londoner's from Southwark and beyond came together for the first of an annual event called Meditation in the Park, created by local organisations BARGES, Stave Hill Ecology Park and Regally Graceful to promote healthy, delicious food, local green ecological spaces and a skill to improve health and wellbeing.

Mid-morning, on Sunday June 28th the sun shone overhead of Russia Dock Woodland, one of Southwark's best kept secrets, marking an ideal day for a picnic in the park. Instructors welcomed each group and taught them the basics of proper breathing and meditation. There were children's exercise and meditation classes and a walking meditation through the ecological park regularly throughout the day. Free smoothies were on offer to give the children the opportunity to make their own drinks with fruits and other foods which they hadn't tasted before.

In addition to learning basic meditation skills, participants went home with over £400 of prizes donated by Tesco Surrey Quays, Surrey Quays Shopping Centre and many stallholders from Borough Market including smoothie makers, and locally grown and produced breads, fruit, juices, olive oil and other quality food items from the coveted local market.

"Normally at events, there is so much pressure to buy things. With Meditation in the Park, we wanted to turn this around and give things away," said Guru Kaur, founder of Regally Graceful and a Rotherhithe resident of over 20 years, "While officially, we were judging the best picnics, it was our goal to have at least as many prizes as participants so everyone went away with more than they had come with."

A light shower as the day wound to a close did not deter the crowd but instead saw everyone come together for the finale, a group meditation led by Guru Kaur, followed by the announcement of the picnic contest winner and handing out of the prizes.

"This is the way the green was meant to be used. I can really see the value in meditation, to be able to take a break from all my thoughts and concerns," says Steve Cornish, chair of BARGES, co-organiser and participant.

Rebeka Clarke, of Stave Hill Ecology Park was pleasantly surprised at how little rubbish remained after the event showing that people had really entered into the spirit of caring for the green space by taking their rubbish with them.

Meditation in the Park was "a gentle and calm day based on a radical concept – and great deal of fun!" says photographer and local resident Nick Fleming.

"You all helped to create a real community spirit event and this is really precious nowadays", Beatrice Leung, local resident.

Organisation for next year's Meditation in the Park event has already begun. Plans include expanding the number of side classes, guided tours of the ecology park, food tasting areas supported by Borough Market stallholders and more group activities. Meditation in the Park is actively seeking sponsors to help the event grow. For more information visit the website www.MeditationInThePark.com, email info@meditationinthepark.com or call 0207 394 8587.

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Media Information

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Notes to Editors

About Guru Kaur & Regally Graceful:

Guru Kaur embodies spiritual values, a professional background and an English upbringing. She is renowned for giving very straight talking guidance in highly practical terms giving people unique insight into their challenges. She is equally well versed in the issues surrounding big businesses as she is in those of daily personal life and serves to remove the divide between the two. She is a leading Kundalini Yoga teacher, a Sikh Minister, and qualified as a Chartered Accountant before working in Banking and then running her own business as a designer. She now focuses primarily on teaching through lectures, advisory and mentoring and online through *Be the Woman You were Born to Be...* Course & Online Community and Regally Graceful. For more information please visit <http://www.gurukaur.com>.

About BARGES:

BARGES stands for Bermondsey and Rotherhithe Green Enthusiasts. BARGES is a group of local volunteers determined to give better protection to its green and watery spaces - both the well-known parks, docks and riversides as well as those little unprotected pockets that are also so important as nature reserves. For more information, visit <http://www.BARGES.me.uk>.