



*get lit up by ideas*

*For immediate release: January 13, 2016*

## **Get Lit Up by Ideas: The Illumination Event**

*The Victoria Yoga Conference to host an evening of inspirational speakers.*

(Victoria, B.C.) On Friday, February 5, 2016, the Victoria Yoga Conference will host The Illumination Event at the Victoria Conference Centre from 7:00 – 9:30 p.m. As the opening night event for the annual conference, seven speakers will take the stage to share stories and ideas about what inspires them. The Victoria Yoga Conference, in partnership with the Kelty Patrick Dennehy Foundation, will also present the 2016 Breathe Fore Life Scholarship to the 2016 recipient. The *Breathe Fore Life* scholarship, in memory of Riley Rae Dennehy, will be presented to a yoga teacher who wishes to further their education and training in the practice of yoga. The event is open to the community.

The Illumination Event is designed to ignite a spark in the audience. The seven speakers include Alice Bracegirdle, CEO and co-founder of Bellyfit Enterprises Inc. Bracegirdle leads Bellyfit instructors and students in a global movement towards women's empowerment, holistic fitness, and a love for the human body. Rumon Carter, Victoria local and founder of Route 2 Projects, will return to the stage after speaking at the 2015 Illumination Event.

The audience will get to enjoy some theatrical talent, as up-and-coming spoken word artist Carly Greene Hill will share her talents of bringing words to life. Owner and director of Whistler's Loka Yoga Tina James is among the event's seven speakers, and will also be leading two workshops over the course of the weekend. The audience can also expect to hear from Victoria-based yoga teacher Ryan Leir. Leir is a global ambassador for Lululemon Athletica, and founder of a non-profit organization Vinyasa Yoga for Youth. Ayurveda practitioner, author, teacher, and Academy Aromatica founder Glynnis Osher will be sharing her own healing experiences. The seventh speaker is the Chairwoman of Yoga Outreach Laura Track, who is a qualified lawyer, yoga enthusiast, and social justice advocate.

The Illumination Event was created by local event producer Carlyne Taylor, who has also hosted the event through her organization yoUnlimited. As the founder of the Victoria Yoga Conference, Taylor once again brings together a group of local thought leaders to share what inspires them.

For tickets and more information, visit <http://victoriayogaconference.com/tickets/>