



For immediate release: January 8, 2016

Pop-psychology expert gets real about yoga culture

The Victoria Yoga Conference presents a comedic, interactive yoga performance.

(Victoria, B.C.) – The Victoria Yoga Conference presents *Through the Gaze of a Navel* by Emilia Symington Fedy on February 6, 2016. This interactive yoga performance is the Saturday night feature of the family-day long weekend conference. Tickets are \$25 and open to the public. Symington Fedy will take the stage at 8 p.m. at Victoria Conference Centre.

“There is nothing more fulfilling than having people stand up and clap for your inner loser” says Symington Fedy, a trained yoga teacher and a self-proclaimed pop-psychology expert. She is returning to the Victoria theatre scene after performing her signature solo piece *Through the Gaze of a Navel* at Victoria’s Spark Festival in March 2015.

Known for her satirical humour, Symington Fedy turns the all too often cult-like culture of the health industry into something people can relate to. Her style is bold and honest, and she is unafraid to share her own stories of failure. Critical of the growing trend of spiritual consumerism, Symington Fedy offers a refreshing take on yoga.

Through the Gaze of the Navel has been capturing audiences across Canada. It was showcased in the 2014 Micro Performance Series in Vancouver, Toronto’s 2014 East Side Culture Crawl, The Yukon Arts Centre, and the 2015 Magnetic North Theatre Festival in Ottawa. *Vancouver Presents* calls it “a perfect satirical balance, a comedic yin-yang as it were, of genuine respect and gentle derision”.

Symington Fedy is a writer, actor, radio freelancer and producer. She writes for *Huffington Post*, and is co-founder and artistic director of The Chop, a Canadian production company. Her website, tryingtobegood.com, provides a hilarious insight in to her day-to-day struggles of balancing health, small children, and chronic cynicism.

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Details and registration for *Through the Gaze of a Navel*:

<http://victoriayogaconference.com/through-the-gaze-of-a-avel/>