

AN AUDIO-WELLNESS FESTIVAL THAT WANTS PEOPLE TO UN- MIND

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London – Samantha Moyo, the founder of **Morning Gloryville**, is the brain behind the multi-sensory **Soft Landings** event.

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The festival, which will take place on 1 February, is described as a place where 'your name, title and occupation do not matter'. Visitors are invited to attend a morning symphony with a live orchestra and yoga, a lunchtime session with Basement Jaxx and an evening wind-down with live folk, soul and jazz bands.

Wellness drop-ins including meditation, movement and an apothecary are designed to break up the day, encouraging visitors to slow down and 'un-mind'. The event is part of a larger fitness and wellness festival, **Strong Island**, which aims to improve wellbeing in the Canary Wharf community.

While festivals have traditionally focused on music, festival-goers are increasing swapping hedonism for mindfulness. For more, read our **Festival Market**.