



June 2018

FOR IMMEDIATE RELEASE

2018 Sun Valley Wellness Festival Offers New Insights for Healthy Living
21th Annual event features new date and location, top speakers, workshops, more
June 29 - July 2, 2018

Sun Valley, ID.... For over two decades the renowned [Sun Valley Wellness Festival](#) has inspired thousands of people to live healthier lives. The 21st annual event, June 29 – July 2, 2018, features a content rich program with more than 30 presentations and workshops by top wellness experts addressing diverse aspects of body, mind, spirit, and environmental wellness. The Festival also offers movement classes, a Wellness Experience Hall, music, and more.

Headline speakers for the 2018 Festival include experts on brain health, gut health, and meditation. Keynote speaker, **Dr. John Medina**, a molecular biologist, and New York Times bestselling author of "Brain Rules," will discuss how genes express themselves in the human brain, provide a prescription for aging well, and how to slow down the symptoms of aging. **Sharon Salzberg**, New York Times bestselling author and a luminary in the field of meditation, will share her accessible Buddhist teachings and discuss how can a mindfulness practice bring about positive change in the divisive culture currently facing the nation. **Dr. Steven Gundry**, preeminent heart surgeon and New York Times bestselling author, will talk about the role diet plays in longevity and vitality.

While the Festival will once again feature some of the world's foremost wellness speakers, it also has made some new changes. The Festival's date was moved from Memorial Day weekend to late June to take advantage of the area's beautiful summer weather. The new location at the Community School campus in Sun Valley (*named one of the country's most beautiful private high school campuses by Architectural Digest*) will provide an inspiring setting for attendees.

Other 2018 Sun Valley Wellness Festival speakers include: **Dr. James Doty**, New York Times best-selling author, neurosurgeon, and compassion champion; **Preethaji**, internationally known modern, spiritual philosopher and co-founder of O&O and One World Academies in India; **Dr. Warren Farrell**, one of the world's top thought leaders and prolific author including the just-published *The Boy Crisis* (with co-author John Gray); **Susan Eirich**, licensed psychologist, biologist and educator, and founder of the Earthfire Institute Wildlife Sanctuary and Retreat Center; **Joan Borysenko**, Ph.D., a world renowned expert in the mind-body connection; **Dr. Stephen Barrie**, founder of Functional Medicine and an expert in the field of genetic Precision Medicine; **Molly Barker**, author and founder of the Girls on the Run program, and many others.

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Movement Studio & Experience Hall

In addition to the exceptional line-up of speakers and workshops, the Sun Valley Wellness Festival will offer a Movement Studio with a variety of ongoing movement and yoga classes taught by outstanding teachers. The Experience Hall features wellness products and hands-on experiences with wellness practitioners. Attendees can get a massage, reflexology, have an intuitive reading, try a henna tattoo and much more. The Experience Hall is free and open to the public throughout the Festival.

Outdoor Recreation & Cultural Scene

For those who want to mix in some outdoor fun, the Sun Valley area, located amidst the spectacular Idaho Rockies, is full of opportunities for outdoor recreating including hiking, biking, fishing, rafting, golf and more. The community also has a vibrant art and cultural scene that is world-class.

Tickets/Events Schedule

Passes and tickets for the Sun Valley Wellness Festival can be purchased online at www.sunvalleywellness.org, where a complete schedule of events is available. Special Festival lodging rates available at Hotel Ketchum and Tamarack Lodge.

About the Sun Valley Wellness Festival:

The Sun Valley Wellness Festival is produced by the non-profit Sun Valley Wellness Institute. History: One of the nation's premier and longest-running wellness events, the Sun Valley Wellness Festival got its start in the resort community of Sun Valley, Idaho in 1997, just as 'wellness' was becoming a mainstream movement. The Festival was created by a passionate group of local wellness experts and advocates to provide an intimate platform for inspiration and education on innovative wellness topics. The Festival's leaders' continuing commitment to excellence has led to strong, steady growth in popularity of the event over the past two decades and helped Sun Valley become known as a top wellness destination. The Festival's ability to attract top wellness speakers each year is a testament to its influence in the world of wellness. Past speakers have included Deepak Chopra, Elizabeth Gilbert, Dr. Eben Alexander, Diana Nyad, Marianne Williamson, Robert Kennedy Jr., Greg Braden, Michael Beckwith, Ram Dass, Byron Katie, Robert Thurman, Dr. Jill Bolte Taylor, Masuro Emoto, Vandana Shiva, Arianna Huffington, and many others.

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Speaker and other Festival images can be downloaded at <https://www.sunvalleywellness.org/media/>