



News Release

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FOR IMMEDIATE RELEASE

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THE SPRING FESTIVAL @ ZEN OASIS 17 – 18 & 24-25 September 2016

So much is happening in the world today!

Amid all this change, life is about attitude - an unfolding journey and a learning process.

So let's open out a peaceful mindset to greet the hope and brightness before us.

Spring is the time to learn and grow. It is the time for a new page in our Life Journey experience – to explore the possibilities, and restore the substance of who we are as we welcome Springtime.

Let's learn to inspire the true love to face our life.

How about greeting this bountiful season by celebrating Spring at the Berrima Zen Oasis Restaurant?!

This year, the Spring Festival @ Zen Oasis will feature an art installation with the Hyacinth Flower as its vibrant theme.

Hyacinth is derived from the Greek legend about a beautiful young boy named Hyakinthos, who was slain by Zephyr, the god of the west wind. The Hyacinth means remembering forever and the rebirth of love. The Hyacinth flower reminds us that forgiveness can bring love – for us to be authentic, and willing to have trust, so we can heal our lives, just as the butterfly opens out its wings to fly.

As well as the exotic oriental cuisine still be available in the Zen Oasis Restaurant, special delicacies will be provided throughout the Festival for us to boost healthy living in the garden. Healthy well-being is consistent with the Ancient Chinese perspective, to enable us to cope with the stress of modern society evident through neck pain and being overweight, for instance, as activities arranged for the Festival will reveal. Cultivating plants with recycled material will proceed, which can reflect the beauty of the heart, and there will be Chinese art painting. Family activities will be available to boost our energy and family connection, together with other activities.

So, let's explore how we can rejuvenate our body, mind and spirit!

This Festival event will proceed on the weekends of September 17-18 and September 24-25 from 10 am to 4 pm with free garden entry. Please refer to www.zen-oasis.com for the detail information

Ends

FOR HIGH RES IMAGES & INTERVIEWS PLEASE CONTACT

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