

Spiritual Health – the New Wellbeing Frontier

Leading UK wellbeing educator, Dr William Bloom, launches revolutionary new approach to spirituality and health

**Monday 25 March, 7.00pm-8.30pm
St James's Church, 197 Piccadilly, London W1J 9LL**

More Spiritual Health Taster Events will follow around the UK culminating on World Health Day, Sunday 7 April

[Dr William Bloom](#), author of *The Power of Modern Spirituality* and one of the UK's most respected wellbeing educators will be giving an experiential [talk at St James's Church](#) in London's Piccadilly on Monday 25 March, launching a radical new approach to spirituality and health.

The new approach, encapsulated in an elegant, 40-page booklet entitled [Your Spiritual Health Programme](#) offers a simple, accessible way to enjoy spiritual health, free from the dogma and conflict associated with traditional religions.

Delivered by the [Spiritual Companions Trust](#), the pioneering educational charity behind the UK's first spirituality and health qualification on the Ofqual Register, the new user-friendly programme will show you how to boost your emotional wellbeing, improve your physical and mental health and connect with the good things in life. The programme also outlines the scientific evidence for the health benefits of spiritual practice.

Dr Bloom, who recently gave a well-received introduction to *Your Spiritual Health Programme* in the first episode of the BBC One series [My Faith & Me](#), explains:

“This new movement, borne of 10 years' intensive research by a group of wellbeing educators, offers an accessible form of spirituality unaffiliated with any particular faith or religious tradition. Integrating the jewels from the world's faith traditions, it is mature, responsible, has ethics at its heart, and represents a movement from fundamentalism to embracing diversity.

“Spiritual Health is feeling alive, calm and centred: connected to the good things in life. From a flower, through a child's smile, to the awesome night sky, there is a magic and beauty to existence. *Your Spiritual Health Programme* shows you how to directly access this rich wellspring resource. Whatever your circumstances or state you can enjoy spiritual health. Feeling good, you'll feel even better. Feeling ill, stressed, or exhausted, you'll be able to ride the waves. The new programme is revolutionising spiritual health by making it freely available to enjoy by anyone, anytime, anywhere.”

At the launch event at St James's Church, hosted by [Alternatives](#), participants will be given a free copy of *Your Spiritual Health Programme* and guided to discover their best way to “connect to the wonder and energy of life”. The numerous ways to connect in the modern world can include anything from yoga, dance, prayer and meditation to running, singing, playing golf and spending time with family and friends – whatever works best for the individual.

Dr Bloom will lead the group through a simple meditation exercise to help them deepen this connection on a daily basis. Demonstrating how you can sustain a nourishing connection to the good things in life, he'll also introduce other key tenets of the programme, including how to generate peace of mind and develop care and compassion, and the science behind the health benefits.

The St James's Church launch event will be the first of a series of [Spiritual Health Taster](#) events happening around the UK between Monday 25 March and World Health Day on Sunday 7 April, widely availing this chance for a direct experience of the programme. The Tasters will be facilitated by qualified Spiritual Companions (spiritual health coaches), fully trained and accredited by the Spiritual Companions Trust.

For more information about Dr William Bloom's talk at St James's Church on 25 March visit:
<https://www.alternatives.org.uk/event/spiritual-health---new-wellbeing-frontier>

For details of Spiritual Health Taster Events happening around the UK, 25 March – 7 April, visit:
<http://yourspiritualhealth.org/taster-events/>

To buy your hard copy of the Spiritual Health Programme or download your free digital copy, visit:
<http://yourspiritualhealth.org>

PRESS IMAGES ARE AVAILABLE IN THIS [DROPBOX](#)

Dr William Bloom and other Spiritual Companions are available for interview

**For Media Enquiries contact Will Gethin at Conscious Frontiers:
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Notes to Editors:

- To order printed copies of *Your Spiritual Health Programme* at a cost of £2.00 each, including post & packaging, visit <http://yourspiritualhealth.org>. The programme includes guided exercises throughout, and audio for these exercises can be listened to on the website
- The website also provides a service supporting individuals and small groups in going through the programme. If you're interested in support as an individual or small group, contact Diana Brown at the Spiritual Companions Trust: 01458 555008; diana@spiritualcompanions.org. If enquiring on behalf of an organisation, contact Ruth Jolly: 07974 266108; ruth@spiritualcompanions.org
- If you are interested in being trained to support others develop their spiritual health, the Spiritual Companions Trust offers a nationally recognised qualification, the Diploma in Practical Spirituality and Wellness (Ofqual Register Crossfields Institute Level 3). For more information visit: www.spiritualcompanions.org
- For more information about Dr William Bloom visit: www.williambloom.com

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