



*More to Life*

**MEDIA PACK**

# More to Life

Exclusive!

**MOOJI**

Tells us how the  
WORLD IS  
PERFECT!



[www.moretolifemag.co.uk](http://www.moretolifemag.co.uk)

SAVING THE  
**white  
LIONS**

**LOVE YOUR  
FOOD?**  
a new way of  
looking at food!

£3 AUTUMN 2013

## The Magazine

Beautifully presented, featuring vibrant imagery with heartfelt and absorbing articles from popular writers. More to Life magazine is the premier guiding publication for those starting on their spiritual path.

For those looking for promote their services, courses and therapies, we are ideally placed to introduce you to up to 30,000 potential clients and students. We are constantly striving to reach more and more people with every edition.

### MAGAZINE FEATURES

- 60 page full colour magazine
- Greater concentration of Mind, Body & Spirit guidance articles than any of its peers
- Highly respected publication with a strong ethical direction
- Down to earth articles, interviews and 'What's On Section' featuring exhibitions and workshops
- Established brand with an extensive readership and following proving advertising with More to Life really works

### PRINT FIGURES

- 10,000 print readers
- 4 editions per year
- 1000+ subscribers
- 

### DIGITAL VERSION

More to Life is also created as an interactive digital version which means your advert will go out to around 80 000 inboxes in the UK. This service is unique in the Mind, Body and Spirit and means your advert will link straight through to your website.

### ARTWORK

Artwork needs to be submitted as a PDF or JPG (300dpi cmyk) file. We are happy to help with putting the advert together if you have images and text. A 10% fee is payable for artwork that needs designing from scratch.

# Advertising

## SIZES & PRICES

**INSIDE FRONT COVER /  
OUTSIDE BACK COVER** £950  
200 x 275mm

**FULL PAGE** £795  
200 x 275mm

**HALF PAGE** £450  
200 x 140mm (landscape) or  
95 x 275mm (portrait)

**QUARTER PAGE** £240  
95 x 140mm (portrait) or  
65 x 200mm (landscape)

**EIGHTH PAGE** £135  
95 x 65mm

## TERMS

All prices quoted are subject to vat at 20%. All invoices must be settled before publication. 10% discount available for payments received within 7 working days. Considerable discounts are available for block bookings. Prices include mention in both printed and digital versions of More to Life.

## DISTRIBUTION

Mind, Body and Spirit events and exhibitions across the UK . 1000+ subscribers  
Network of distributors including therapists, healing centres, retreats, clinics and MBS stores.

A £30 fee is payable should you want to use our design in another publication.

**Do you want to be healthy, happy, successful & free? The secret is to stop sabotaging yourself!**

**If you want to learn new ways:**

- to stop sabotaging yourself
- to stop thinking negatively about yourself
- to change your self-image to one of strength and happiness

Then download **FREE** practical tools and achieve your emotional balance.

*'When we step out of the turmoil of life, we feel safe, peaceful and feel a love within ourselves that is not due to an external reason. That is the still point, the state where we are in our power and have free will.'*

**FREE!!! Download the Emotional Balance MP3 meditation**  
**ON [www.roymartina.com/MBS-Meditation](http://www.roymartina.com/MBS-Meditation)**

The best time to listen to this meditation is just before you go to sleep and just before you get out of bed. So set the alarm clock one hour earlier in the morning, listen to it again at night and do this for 21 days.

 **ROY MARTINA EXPERIENCE** Be the Best you can Be

[www.novarte.co.uk](http://www.novarte.co.uk)  
[info@novarte.co.uk](mailto:info@novarte.co.uk)  
07811 257457

**novarte**  
Complementary Therapies & Coaching  
Reiki, Crystal Healing, Reflexology,  
Aromatherapy, Ayurvedic Massage  
and much more....  
Franca Mongiardini RGN,  
Holistic Therapist, NUP Master Practitioner

**Free Courses**

# Raja Yoga Meditation

**Stress Free Living Positive Thinking  
Self Esteem Anger Management**

For a venue near you  
[www.bkwsu.org/uk](http://www.bkwsu.org/uk)  
or T: 020 8955 1935

  
 **BRAHMA KUMARIS**  
WORLD SPIRITUAL UNIVERSITY (UK)

*"Ten years ago I had a lot of turmoil in my life. Raja Yoga helped me deal with it. I've learned to accept that I have to change and that slowly, imperceptibly, everything is changing all the time."*

Darryl Mannum - Forensic Scientist

Registered Charity in  
England & Wales (1208913)  
and Scotland (SC699512)

# The Website

With an average of 80 000 visitors to our website each month, [www.moretolifemag.co.uk](http://www.moretolifemag.co.uk) is the Number One online destination for mind, body and spirit matters.

With an audience spanning the UK and beyond, [www.moretolifemag.co.uk](http://www.moretolifemag.co.uk) can help you reach tens of thousands of potential new customers. Updated weekly with articles, events and exhibition information, video interviews and exclusive promotions, [www.moretolifemag.co.uk](http://www.moretolifemag.co.uk) is the most visible and viewed on-line publication of its kind to promote your products, services, fairs and workshops.

## ARTWORK for WEBSITE

Please submit artwork as JPG (rgb 150dpi). If you need help in designing your artwork, our graphic designer is happy to help. A 10% charge may be applicable.

**ALL PRICES ARE SUBJECT TO VAT** - payment must be made before being shown on-line.

**LARGE BANNER**  
300 x 600 pixels £350



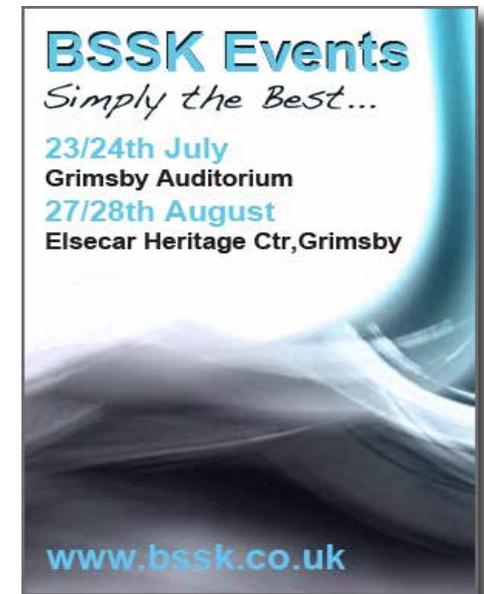
ROY MARTINA EXPERIENCE  
**Be the Best you can Be**

Develop your 7th sense during  
Dr.Roy Martina's Summer Camp.

2 weeks filled with  
advanced self hypnosis,  
meditation techniques and  
sport training with top trainers.  
**Give Your Personal Development  
an Enormous Boost.**  
The 7th Sense, a hidden talent to  
reconnect yourself to your  
inner guides, higher self and  
the quantum field.

[www.roymartina.com/summercamp](http://www.roymartina.com/summercamp)

**MEDIUM BANNER**  
300 x 425 pixels £225



**BSSK Events**  
*Simply the Best...*

**23/24th July**  
**Grimsby Auditorium**  
**27/28th August**  
**Elsecar Heritage Ctr, Grimsby**

[www.bssk.co.uk](http://www.bssk.co.uk)

**STANDARD BANNER**  
300 x 250 pixels £125



Would you like to Sleep better?  
Have a Clear Mind?  
Control Your Stress Levels?

[www.sleepylodge24.com](http://www.sleepylodge24.com)  
Residential Meditation Courses  
throughout The Year

[www.moretolifemag.co.uk](http://www.moretolifemag.co.uk)

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**Contact Jayne Lea**  
**0151 527 1577**  
**[office@moretolifemag.co.uk](mailto:office@moretolifemag.co.uk)**