

POPSUGAR.

Chill Out This June at POPSUGAR Play/Ground's Wellness Oasis



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by BECKY KIRSCH

We're bringing [POPSUGAR Play/Ground](#) back to NYC this June, and while there will be a [killer line-up of celebrity speakers and back-to-back workouts](#), sometimes you need to just take a break and check in with yourself. And what better place to do it than at an entire village dedicated to self-care, wellness, and nutrition? POPSUGAR Play/Ground's Samsung Galaxy Soul Space will feature panels and workshops that will feed your soul, as well as activations that will give you a place to relax and shut your brain off for a moment. [Buy your tickets to Play/Ground](#), and get excited for everything you can experience at the Soul Space this year.



Soul Space Panels and Workshops

- **Almost 30 Podcast:** Coveteurs Krista and Lindsey will delve into wellness and self-development by creating real, raw, and hilarious moments during a live podcast interview with a special guest.
- **Rock the Silence With Biet Simkin:** Biet Simkin will create an epic meditation that intertwines stillness, fashion, and a sexy rock 'n' roll edge into a seamless, explosive, mind-opening experience.
- **The Wellness Within: Nourishing Your Body From the Inside Out:** With Cindy Kasindorf, Sophia Roe, Jill Blakeway, and Sonia Hunt

- **Fitness Is Your Superpower:** With Monica Jones, Karena Dawn, and Katrina Scott
- **Change of Plans: License to Thrive:** Gymnast Katelyn Ohashi and activist Aija Mayrock discuss what it takes to make a big swing in life and clear your own path, starting from within.
- **Food For Thought: A Discussion About Nutrition Powered by Samsung Galaxy Watch Active:** With Curtis Williams, Minna Lee, Danielle Walker, and Chelsea Williams
- **Do Less With More Focus: The Art of Focus, Mindfulness and Gratitude Powered by Samsung Galaxy Watch Active:** With Lauren Ash, Dr. Audrey Cruz, and Emily Chen
- **Energy Healing Powered by Samsung Galaxy Watch Active:** With Millana Snow
- **Sound Bath Powered by Samsung Galaxy Watch Active:** With Sara Auster

Can't-Miss Experiences and Services at the Soul Space

- Chakra healing
- Acupressure
- Yoga sessions
- Nutrition Advice
- Narrative medicine
- Sleep practitioner
- Readings with a medium

Link to Coverage: <http://bit.ly/2wxSS4N>