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LOOKING FOR LIGHTNING

A light hearted trip through one man's journey living with MS
Edinburgh Festival Fringe – from 1 to 27 August

19 June 2018: Hollywood actor, Garth McLean makes his Edinburgh Festival Fringe debut with his one man show, **Looking For Lightning**. Facing a diagnosis of Multiple Sclerosis in 1996, McLean's career was inconveniently interrupted. Garth soon after discovered the benefits of Iyengar Yoga finding that the practice kept him moving and healthy – changing the course of his life and the disease. Garth has been symptom free since 2001 and medication free since 2003. He now travels the world teaching people to manage auto-immune health conditions by incorporating Iyengar Yoga into their wellness regimen. **Looking For Lightning** is a funny, serious and captivating show that will play at **C royale**, venue 6, from 1-27 August.

Looking for Lightning was initially born out of a creative writing exercise on the impact of the terror attacks of September 11, 2001 in NYC.

"Everything changed the day of those devastating attacks of 9/11. Everything changed the day I was diagnosed with MS. Parallel lines were drawn. I drew on the experience of 9/11 and my personal experience as a gateway to write the piece. It is my wish that by bringing Lightning to the Fringe, it will raise awareness, offer realistic hope and quell the fears of many who struggle with an uncertain future. A portion of the proceeds from the run of the show will be donated to further research in the field of MS and other neurological challenges.

"Additionally, yoga master, B K S Iyengar offered me the tools to courageously face my fears and at the same time bring health to the body. In this centenary year celebrating 100 years since his birth, taking Lightning to Edinburgh salutes the legacy of B K S Iyengar as part of the global celebrations honouring his contribution to humanity."

"Perhaps Looking For Lightning will serve to help others navigate a landscape of terror and fear and offer a glimmer of hope in the face of adversity."

McLean, a certified Iyengar Yoga teacher, holds annual MS Workshops at the Iyengar Yoga Institute, Maida Vale, London. 2018 dates are 27 and 28 October. Book from 14 August – here: <http://iyi.org.uk/yoga-workshops>

Venue:	C royale, venue 6, Edinburgh Festival Fringe (fully wheelchair accessible)		
Address:	Royal Society of Edinburgh, 22 George Street, EH2 2PQ		
Tickets:	£8.50-£10.50 / concs £6.50-£8.50 / under 18s £4.50-£6.50		
Dates:	August 1-22 (not 14, 21)		
Time:	16:00 (1hr10 mins)		
C Venue Box Office:	0131 581 5555	Website:	http://www.CtheFestival.com
Fringe Box Office:	0131 226 0000	Website:	https://tickets.edfringe.com

Show website: <https://www.lookingforlightning.com>

View a clip of the show: <https://vimeo.com/250740788>

Electronic press kit: <https://www.lookingforlightning.com/press-kit>

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