

The **P**u**B**L**i**C**i**t**y**: C O N N E C T I O N

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LOOKING FOR LIGHTNING

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

4th 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. He now travels the world teaching people to manage autoimmune health conditions by incorporating Iyengar Yoga into their wellness regimen. **Looking For Lightning**, is a funny, serious captivating show that will play at C Royale, Venue 6, between 1st and 27th August.

Garth's story is one of courage, caution and perseverance. **Looking for Lightning** sees McLean take us on a journey from the fast paced life of Hollywood to Canada to India and the feet of yoga master BKS Iyengar. **Looking for Lightning** reflects the universal truth **and will** of the human spirit to overcome the challenges of life to navigate a landscape of fear and uncertainty while leaving us laughing along the way. McLean's is a transformational journey for us all.

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, BKS 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 BKS Iyengar as part of the global celebrations honouring Iyengar's 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 27th and 28th October. Book from 14th August – here: <http://iyi.org.uk/yoga-workshops/>

Venue: C Royale, Venue 6, Edinburgh Festival Fringe (wheelchair accessibility)
Address: Royal Society of Edinburgh, 22 George Street, EH2 2PQ
Tickets: £8.50-£10.50/ (concs £6.50-£7.50)
Dates: August 1st – 13th, 15th – 20th 22nd – 27th
Time: 16.00 (1 hr 10 mins)
C Venue Box Office: 0131 581 5555 Website: <http://www.Cthefestival.com>
Fringe Box Office: 0131 226 0000 Website: <https://tickets.edfringe.com>

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

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