

FOR IMMEDIATE RELEASE
FEBRUARY 12 , 2018

Inquiries: BRENT COERT (310) 702-5075
brent@mficmanagement.com

LIGHTNING HITS THE EDINBURGH FRINGE FESTIVAL

HOLLYWOOD, CALIFORNIA. International Iyengar Yoga teacher, Garth McLean, will perform his one-person show, **Looking For Lightning**, at the 2018 Edinburgh Fringe Festival, August 3-27 in Edinburgh, Scotland. Kerrie Blaisdell directs.

Looking For Lightning is a story of courage, caution and perseverance. After being diagnosed with Multiple Sclerosis, McLean takes 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 of the human spirit and will to overcome the challenges of life to navigate a landscape of fear and uncertainty while leaving us laughing along the way. Initially born out of a writing exercise on the terror attacks of 9/11, McLean's story is a transformational journey for today's audience.

View trailer: <https://vimeo.com/250740788>

McLean, a Senior Certified Iyengar Yoga Teacher, discovered Iyengar Yoga within days of being diagnosed with Multiple Sclerosis. He's received ongoing direct guidance from BKS Iyengar and the Iyengar family since 2000 during annual study at the Iyengar Yoga Institute in Pune, India. Through a consistent daily yoga practice, Garth has been successful in navigating and overcoming many symptoms associated with MS. McLean has been symptom free since 2001 and medication free since 2003.

"BKS Iyengar opened up a door to possibility and offered me tangible tools to move beyond my fears and limitations with courage and caution," says McLean. "As 2018 marks the centenary year honoring the life and 100th anniversary of yoga master BKS Iyengar's birth, it is my wish to honor the man who's work has had such a profound effect not only on me, but on the world. Perhaps the story will inspire others to take action to conquer fear in uncertain times."

McLean will perform in association with C-Venues at the Edinburgh Fringe Festival August 3-August 27. Brent Coert produces.

* * *