

fringe

PRESS RELEASE

Garth McLean (California, USA) Looking for Lightning



A light-hearted and captivating journey through one man's life with MS

Hollywood actor **Garth McLean** makes his Edinburgh Festival Fringe debut with his one man show, **Looking for Lightning**. Facing a diagnosis of Multiple Sclerosis (MS) 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.

'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' said McLean.

vimeo.com/250740788
www.lookingforlightning.com

Yoga Workshops

Garth 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>

Listings Information

Venue C royale, Royal Society of Edinburgh, 22 George Street, EH2 2PQ, venue 6
Dates 1-27 Aug
Time 16:00 (1hr10)
Ticket prices £8.50-£10.50 / concessions £6.50-£8.50 / under 18s £4.50-£6.50
C venues box office 0131 581 5555 / www.Cthefestival.com/2018/looking-for-lightning
Fringe box office 0131 226 0000 / www.edfringe.com



For further information, images and interview availability please contact Sharon Chevin at Garth McLean on 07768 873 282 / sharon@thepublicityconnection.com or the C venues press office on 0131 581 5550 / press@cvenues.com

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