



MICHAEL STUART WEBB

M E D I A G R O U P

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HOLIDAY CHEER AND CHILL WITH FREE COMEDIC MEDITATION

Canada, here's an early stocking stuffer that you won't want to regift!

Following the success, and rave reviews received after the Canadian live-stream debut of Comedic Meditation in October of this year, Carla Collins is back again with her Holiday edition of Comedic Meditation. This time, Collins has partnered with several local Simcoe County businesses, including title sponsor The Michael Stuart Webb Team to offer some much-needed zany and zen during the stressful holiday season.

BARRIE, ON (December 10, 2020) – Comedic Meditation creator, actress, television personality, radio host and bestselling author **Carla Collins** is on a mission to help Canadians laugh and relax at a time when we so desperately need it.

On Thursday December 17th, at 8pm EST, Carla will be hosting The Heights Holiday Edition of **Comedic Meditation**. The event is a unique experience - 45 minutes of hilarious stand-up comedy to fire up your endorphins and get you out of your own head, followed by a soothing, original winter wonderland inspired guided meditation (no yoga involved!). This time Carla has invited local comedian, KJ Preston and Irish phenom-fatale Fiona O'Brien to join her on the stage.



In an effort to support local businesses and encourage everyone to do the same, Collins brings this live-stream event to the masses at no cost, with the generous support and sponsorship of: Rush Hair Studio, Discount Granite Plus, Clear Air Solutions, Rustuk Ink, and Lost Craft Beer.

“This is my first holiday season in Canada in forever! I love this time of year, but know how stressful it can be, especially in 2020. I can’t wait to share this special evening with you, featuring some of Canada’s funniest comedians and an authentic meditation, with original music by Aman Itomi. Elf on a shelf has nothing on this Laugh with A Draft”
- Carla Collins

This premier event will be live-streamed around the world from The Heights; a beautiful and scenic ski club located in breathtaking Horseshoe Valley, Ontario. We are grateful to them for donating this magical venue.

“I’m so excited to bring this light-hearted enlightenment to everyone during these crazy time – It’s Botox for your third eye” – Carla Collins

Streaming information available by visiting: www.comedicmeditation.com

What people are saying about Comedic Meditation

“Comedic Meditation with Carla Collins is a trifecta of bliss: belly laughs, relaxation and the best company. You should absolutely check this out and shake your chakras with her. So much more bang for the buck than just going to see a comedian. With Carla you get endorphins and hardcore stress relief.”

— Nancy Bent, Communications Director, Toronto

“I loved it, being able to laugh before the class calmed me down. I’m a fan now of comedic meditation”

— Amber Pfister, Host, NBC’s California Live

“I was initially skeptical about this idea but knew I would enjoy Carla’s comedy as I had previously watched her perform in Los Angeles. What I didn’t expect was the deepest meditation I’ve ever experienced following her comedy. I actually had a vision that involved aurora borealis and light entering through my left hand during her guided meditation. This concept is brilliant, epiphany inducing and can be transformational. Someone needs to get this to Oprah!”

— Dr Chet Mallet, Chiropractor, Los Angeles

About Carla Collins

Named “Comedian of the Year” by the Southern California Motion Picture Council, Carla has appeared in numerous movies and television shows in both the US and Canada. She performs comedy in clubs, theaters, and festivals all over North America. Her new web series and podcast, Carla Collins Rox The Elmo debuts later this month.

Carla’s hilarious reality show Carlawood is currently streaming on Amazon Prime, and her first US comedy special will be produced by the legendary David Steinberg next year. Carla is the bestselling author of Angels, Vampires and Douche Bags, a comedic motivational tome and her comedy can be heard around the world on various Sirius XM stations, Spotify, iHeartRadio, TIDAL, and Pandora. You can also hear her melodic voice on several commercials and cartoons.

Carla has three comedy albums currently available on iTunes: Mobius Stripper, The Best of the Worst of Carla Collins, and Recovering Nudist. Her fourth comedy album, Carla Collins Live at the El Mocambo, will be released later this year.

www.comedicmeditation.com

To coordinate an interview, or book Carla Collins, please contact The Michael Stuart Webb Media Group.