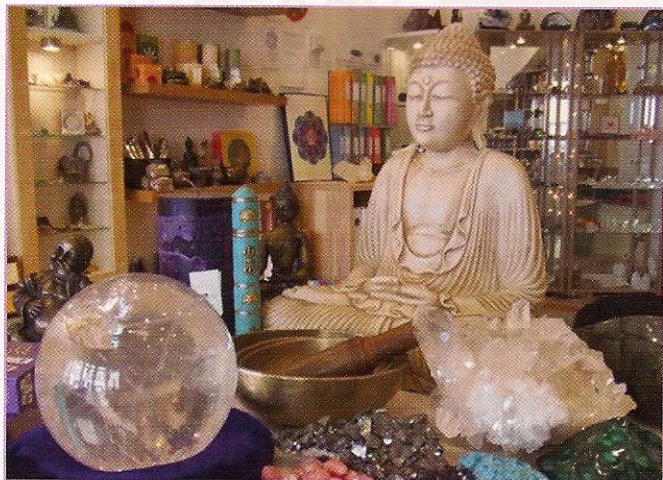


# Spiritual retail

Each issue we introduce you to four shops that not only stock your favourite magazine, *Kindred Spirit*, but also provide healings and a haven for more spiritual retail therapy



## Buddha on a Bicycle

### How did you get into this business?

We used to work in a lovely little crystal shop in Neal's Yard and when we lost the lease there we found the perfect shop, with a therapy room, just around the corner and Buddha on a Bicycle was born.

### What are the best and worst aspects of running your business?

The sense of community here makes it a wonderful place to work; we have so many different therapists, yoga teachers and healers using our therapy room which brings a lot of interesting people through the door along with our lovely customers, who sometimes come in just to get away from the hustle and bustle of Covent Garden.

The only negative thing about working here, as with any business, is the book keeping!

### What are your best-selling items?

Our large and beautiful crystal collection is one of our best-selling lines along with our Fairtrade buddhas and large collection of incense and our unique gem stone and silver jewellery.

### What do you do to switch off from work at the end of the day?

We are lucky enough to have Julie Mullen with her fantastic monochord (healing harp bed), a treatment from her really does take you to a different plane, a truly unique experience.

### More information

Buddha on a Bicycle  
27 Endell Street  
Covent Garden  
London WC2H 9BA  
0207 836 8000  
enquiries@buddhaonabicycle.com  
www.buddhaonabicycle.com

## Inside Out Retreats

### How did you get into this business?

I spent 15 years in investment banking, a female managing director, European chief operating officer and global head of electronic trading. A humanitarian at heart, I spent most of that time trying to integrate the me I knew with what I do. Though I grew up with a strong spiritual awareness, it wasn't until about 10 years ago that my own profound journey with my own spirituality began. During a career break, I decided to follow my personal and guided aspirations to establish centres dedicated to healing and personal transformation with a vision of programmes that would one day marry both sides of myself by serving both the corporate and the spirit.

### What are the best and worst aspects of running your business?

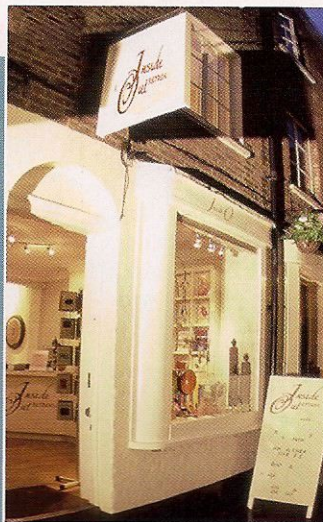
One of the best aspects of running my business has been the connection I am able to make with people every day. Our clients are our family and have allowed us to pay witness to their journeys at a very personal and profound level. The most challenging aspect of running this business has been the journey of evolving my personal and spiritual aspirations into a grounded, sustainable and viable business able to serve and grow to expand that service.

### What are your best-selling items?

Though our retail shop sells inspirational gifts, books and crystals, which are favourites for everyone, our best-selling items are our workshops in intuitive development.

### What do you do to switch off from work at the end of the day?

I walk my two puppies across the commons and enjoy time writing or with friends.



### More information

Alison Pothier  
Inside Out  
Retreats Ltd  
Richmond Upon Thames,  
Surrey,  
TW9 1HH  
020 8332 6566  
www.insideoutretreats.  
com  
www.thecorporateintuitive.  
com