

**\*\* NEWS \*\***



14-16 June 2019

#DL2019

## **DOWNLOAD FESTIVAL DEBUTS MINDFULNESS PROGRAMME - *MIND THE DOG***

**ON SITE IMPROVEMENTS FOR 2019  
INCLUDING NEW DAY ENTRANCE, CAR PARKS, AND MORE!**

**FIVE CONTINENTS OF ROCK TALENT TO DESCEND  
ON THE HALLOWED GROUNDS OF DONINGTON PARK**

Download Festival, the world's premiere rock event, has announced that a full mindfulness programme will be implemented in 2019 for the first time. Announced ahead of Mental Health Awareness week next month, the **Mind The Dog** initiative will run morning, afternoon, and evening sessions where rockers can share a fully immersive, live music and mindfulness experience, from Thursday 13 – Sunday 16 June. Day and weekend festival tickets available at [www.downloadfestival.co.uk](http://www.downloadfestival.co.uk)

One in six people in England report experiencing common mental health issues including anxiety and depression in any given week<sup>1</sup> and by 2030, it's estimated that two million more adults in the UK will experience mental health problems than there were in 2013<sup>2</sup>. The recent loss of music legends including **Keith Flint** (Prodigy), **Chester Bennington** (Linkin Park), **Chris Cornell** (Soundgarden), and **Scott Hutchinson** (Frightened Rabbit), calls for action to open up the conversation surrounding mental health, something Download organisers are committed to.

**Festival Republic's Melvin Benn** said:

*"Download Festival has gone from strength to strength in its sustainability and accessibility offerings. We have been awarded 4 star Creative Green Result by Julie's Bicycle for the second year running, and level gold from Access Is For Everything last year, which is highest possible award for accessibility, so it only made sense to offer an on site programme for mental health, as well as physical. By introducing Mind The Dog this year, we are hoping to provide a mindfulness haven in The Doghouse across the weekend, with meditation, sound baths, and more. I couldn't be prouder of how much Download Festival has accomplished already."*

Fans can channel their zen under ambient lighting and atop woven tapestries, before immersing themselves in hour long classes under the roof of **The Doghouse** which will transform into **Mind The Dog** by day, offering FREE mindfulness gatherings. Morning meditation will host curated live music sessions, designed to ready campers for the day, whilst the afternoon offers a healing sound bath,

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<sup>1</sup> Mind

<sup>2</sup> NHS Mental Health Network

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encouraging fans to pause, connect, and tune into themselves, and the evening class brings a calming focus to elevate fans state of consciousness. Designed with conscious breath work sessions, the programme aims to bring fans together in the now, becoming closer to themselves, the music, and each other. Full schedule details can be found in notes to editors.

Recent studies show music can prevent feelings of loneliness and provide social connection<sup>3</sup>, whilst the global heavy metal community provides a strong sense of “belonging and acceptance”<sup>4</sup>. In line with the success and return of on-site **DO.OM Yoga** (yoga to Doom Metal music), and the thriving return of Camp Loner, (the campsite dedicated to welcoming individuals attending the festival solo), organisers are now excited to bring their elevated mindful offerings for Download fans in synergy with the festival spirit.

In support of the programme, **Rou Reynolds** from **Enter Shikari**, who headline **The Avalanche Stage** at this year’s festival said:

*"We often go through life on autopilot, getting caught up in the stressors, the anxieties, the intensity of it all. We're rarely consciously in control of our turbulent mind. Mindfulness allows us to regain control as we learn to observe our thoughts instead of getting caught up in them.*

*It has been an incredible help to me and I couldn't recommend it more. Not only does it help with anxiety and depression, but it also improves focus, emotional intelligence, compassion, tolerance and objectivity and has even been proven to help boost your immune system. Big up Download for introducing this programme to the festival"*

Improved changes for 2019 include a new devoted entrance for day visitors and non-camping weekend ticket holders, weekend campers will also have their own dedicated car park, plus The Village is moving close to The Arena meaning festivalgoers can go from mosh to party with ease. The **NXT Arena** moves closer to the guest area, where **NXT UK** will be live taping to broadcast as part of a weekly show on the WWE Network, and the introduction of **Metal Movies**, a new open-air cinema with hammocks and lounge areas, will allow fans to kick back and watch music documentaries including being a metal band from Nepal with **Underside** along with a Q&A with the band afterwards, and *Pursuit Of The Vikings* with **Amon Amarth**.

Download continues its commitment to provide the best experience for fans, with accessibility improvements implemented in 2018, resulting in the awarding of Gold Level status by **Access is Everything** ahead of this year’s festival.

Sustainability remains a priority for Download Festival. Car parking donations last year via **Energy Revolution** raised £15,811 for **Solar to Schools**, a project which funds schools with solar roofing panels across the UK, and the festival continues its zero waste to landfill policy, as recycling points in the campsites will double in 2019. Last year saw the recycling and composting rate increase to 46% from 2017’s 41%, and single use cups were reduced by a million with reusable alternatives. The **Eco Campsite** opened in 2018 which saw zero tents left behind and returns this year with an increased capacity for a total of 2000 campers, a 33% increase from last year.

Additional water points for 2019 will be introduced across the arena, refillable Download Festival metal water bottles will be available for purchase the first time, and **Co-op** are excited to continue their Deposit and Return Scheme with their reverse vending machine returning to Download, which proved popular last year with festivalgoers who want to recycle plastic bottles, in return for a coupon

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<sup>3</sup> Reachout.com

<sup>4</sup> Journal of Community Psychology

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to spend in the on site Co-op shop. Since 2016, all single use plastic cutlery, containers, and straws have been banned from traders, caterers and bars.

Donnington Park, the spiritual home of rock, has always called for international talent to grace its stages, with 2019 as no exception. With **over 100 bands** performing across the weekend, hailing from 18 countries including Australia, Canada, England, France, Finland, Japan, Mongolia, Nepal, Netherlands, New Zealand, Norway, Poland, Scotland, South Africa, Sweden, Ukraine, United States and Wales, Download Festival remains the King of rock festivals.

- ENDS -

### **Notes to Editors**

#### **Mind The Dog Schedule (*All times are subject to change*)**

##### **Thursday 13 June**

- **13.00 - 14.00 | PM EXPANDER**

A soothing music-driven meditation to encourage festival-goers to pause, connect and tune in.

##### **Friday 14 and Saturday 15 June**

- **10.00 - 11.00 | Free Your Mind**

An immersive music-driven guided meditation to bring fans into the present as they get ready for a full day of live music.

- **11.30 - 12.00 | Conscious Breath Work**

The breath is the remote control to the nervous system. This half hour conscious breath work session unlocks the power of this incredible tool, exploring how to use it to calm the mind, soothe the body and connect with the present.

- **13.00 - 14.00 | Altered State Sound Bath**

Through the healing power of sound we can facilitate a shift in our brainwave state, entering into Theta (meditative or dreamlike state) and creating a deep sense of relaxation. This immersive session will comprise numerous sound healing elements to take festival-goers on a soothing journey.

- **14.30 - 15.00 | Stretch & Restore**

Fans can take a stretch with us as we explore a series of mindful movement sequences, connecting body and breath.

- **16.00 - 17.00 | Elevate Your Evening**

An immersive evening music and mindfulness event to elevate fans state of consciousness as the sun sets over Donington Park.

##### **Sunday 16 June**

- **10.00 - 11.00 | Free Your Mind**

- An immersive music-driven guided meditation to bring fans into the present as they get ready for a full day of live music.

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The breath is the remote control to the nervous system. This half hour conscious breath work session unlocks the power of this incredible tool, exploring how to use it to calm the mind, soothe the body and connect with the present.
- **13.00 - 14.00 | PM EXPANDER**  
A soothing music-driven meditation to encourage festival-goers to pause, connect and tune in.

### **DOWNLOAD LINE UP**

SLIPKNOT	HALESTORM	QUEEN ZEE
DEF LEPPARD	DEADLAND RITUAL	REDHOOK
TOOL	DINOSAUR PILE-UP	RIDING THE LOW
AARON BUCHANAN	DREAM THEATER	ROAM
ALCEST	HEART OF A COWARD	ROYAL REPUBLIC
ALIEN WEAPONRY	HOT MILK	REEL BIG FISH
ALLUSINLOVE	I PREVAIL	ROB ZOMBIE
ANIMALS AS LEADERS	ICON FOR HIRE	SIMPLE CREATURES
ANTHRAX	INTERVALS	SKID ROW
AT THE GATES	JINJER	SKINDRED
AMON AMARTH	KIM JENNETT	SLASH FEAT MYLES KENNEDY & THE CONSPIRATORS
BAD WOLVES	KVELERTAK	STARSET
BADFLOWER	LAMB OF GOD	THE FEVER 333
BATUSHKA	LIKE A STORM	THE HU
BEARTOOTH	LOST IN STEREO	THE INTERRUPTERS
BEHEMOTH	LOST SOCIETY	THE LAST IN LINE
BLACK FUTURES	LOVE BITES	THE SMASHING PUMPKINS
BLACK PEAKS	MAN WITH A MISSION	THE WONDER YEARS
BLACKBERRY SMOKE	MUNICIPAL WASTE	THOSE DAMN CROWS
BROTHERS OSBORNE	ME FIRST AND THE GIMME GIMMES	THREE DAYS GRACE
CANE HILL	NE OBLIVISCARIS	TOSKA
CLOUD	NOTHING, NOWHERE.	TRASH BOAT
CLUTCH	NOVA TWINS	TWELVE FOOT NINJA
COLDRAIN	SKYND	TESLA
CONJURER	SLAYER	THE AMITY AFFLICTION
CRYSTAL LAKE	STATE CHAMPS	TRIVIUM
CARCASS	STONE TEMPLE PILOTS	UNDERSIDE
DELAIN	SUMO CYCO	UNDEROATH
DIE ANTWOORD	OUR LAST NIGHT	VAMBO
EAGLES OF DEATH METAL	OPETH	VEGA
ENTER SHIKARI	PALAYE ROYALE	WHITECHAPEL
GODSMACK	PARTING GIFT	WOLFJAW
GOODBYE JUNE	PENGSHUI	WHITESNAKE
GRAVEYARD	POWER TRIP	YOURS TRULY
GROUND CULTURE		ZEBRAHEAD

### **TICKET INFORMATION**

Tickets for Download Festival are available now from [downloadfestival.co.uk/tickets](http://downloadfestival.co.uk/tickets)  
A loyalty discount is available for a limited time. [downloadfestival.co.uk/news-features/register-interest-2018-loyalty](http://downloadfestival.co.uk/news-features/register-interest-2018-loyalty)

### **RIP PARK FARM CAMPING/ CAMPERVAN TICKETS ARE NOW SOLD OUT!**

Extras including parking and lockers can be purchased during the booking process or as a standalone after you've purchased your ticket. Limited edition Download 2018 Zippo lighters will also be available to purchase alongside your festival ticket. Zippo windproof lighters have become the ultimate accessory for making a bold statement in music and are the perfect way to show your appreciation

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for your favourite band; with a classic Encore moment. Backed by its famous lifetime guarantee, a Zippo is a lighter for life.

### **PRESS CONTACTS**

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### **FOLLOW US ON SOCIAL MEDIA**

Facebook: [DownloadFest](#)

Twitter: [@DownloadFest](#)

Instagram: [@DownloadFest](#)

Sign up here for the [Download Festival](#) newsletter

Listen to our [Spotify](#) playlists

### **'THE ACCESS CARD' FOR DISABLED CUSTOMERS**

The Access Card is a scheme developed by disabled people for disabled people and is widely accepted at events and venues across the UK. It offers a new & dynamic method of communicating disabled people's needs and speeds up the ticket purchasing process.

Ticketmaster can now process disabled customers' bookings using The Access Card via their dedicated Customer Services helpline.

For more information please visit [www.accesscard.org.uk](http://www.accesscard.org.uk)

### **SPONSORS**



Carlsberg are proud to be the official beer partner of Download Festival. Carlsberg will be bringing a touch of Danishness to the festival this summer as it's the fusion of Danish simplicity and precision that brings you a light, easy drinking, refreshing lager.

[www.carlsberg.co.uk](http://www.carlsberg.co.uk)



Somersby are excited to be the official cider partner of Download Festival. Best served thirsty. This delicious cold-filtered cider has no artificial flavours or sweeteners, simply bucket-loads of great apple taste. That's real refreshment.

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Co-op is coming to Download Festival and we couldn't be more excited to be returning to the heart of festival communities this summer. Similar to 2018 you'll be able to buy your essential items directly from the Co-op shop in the campsite, including food, water, beer, wine and toiletries. We've made a lot of positive changes to the store for 2019, and we look forward to welcoming you back again this summer. Our store will be open daily until 3am and our popular in-store DJ will also be making a return, delivering a unique shopping experience like never before.



With Barclaycard Entertainment you will always get more –pay for Food & Drink\* on site with your Barclaycard and get 5% off. T&Cs apply.

Find out more: [www.barclaycard.co.uk/entertainment](http://www.barclaycard.co.uk/entertainment)



Pepsi Max is proud to be the official cola partner of Download Festival. Follow us on Twitter @PepsiMaxUK



Get your rock spirit on and put your Zippo Windproof Lighter in the air at Download! Zippo Windproof Lighters have become the ultimate accessory for making a bold statement in music and are the perfect way to show your appreciation for your favourite band, with a classic Encore moment. Backed by its famous lifetime guarantee, a Zippo is a lighter for life.

Limited edition Download 2019 lighters are only on sale with festival ticket, so buy yours now to avoid missing out! Show your ID at the Zippo booth at the festival to collect your limited edition lighter. Follow [Zippo](#) on Facebook and Twitter [@Zippo](#) to be kept up-to-date with the latest news, exclusive offers and other exciting announcements about rock's biggest events and festivals. Remember those who rock, roll with Zippo!



Step through the doors into a world of Americana at Bulleit Bourbon. Relax and engage or kick back and switch off with a Bulleit Bourbon cocktail.

When you're peckish, Pop over to the Reds True BBQ food truck for some (add a word before ribs like tender or hearty) ribs and your choice of Bulleit liquor-based marinades.

Whether you're after a full immersive cocktail tasting experience on the Taster Truck, or a quiet moment relaxing on a hay bale listening to one of our jam sessions over a dram and ribs pairing, Bulleit is the place for you...



Download Festival have partnered with Charge Candy.

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These power mad people have been keeping phones powered at festivals since 2010 and are now Europe's biggest festival phone chargers. Last year you may have come across the big blue stands at Download, Isle Of Wight, TRNSMT, Latitude, Reading, Leeds and Creamfields.

Customers can hire portable chargers, for as little as £15.95 for the entire festival, this allows the customer one fully charged power bank each day. It is the only way to keep your phone powered, without missing any special moments.

<https://chargecandy.com/festivals/download/>



Save money, make friends and go green with our travel partner Big Green Coach. Choose either coach travel only OR coach + festival ticket package. Big Green Coach is the OFFICIAL and EXCLUSIVE coach partner for the UK's best rock festival and this is their 7<sup>th</sup> year bringing thousands of you in through those festival gates.

As our Official & Exclusive travel partner, Big Green Coach are the only authorised coach company to have full use of the Official Onsite Coach Park. No one gets you closer! [Book Now](#).