

# Australia's largest health, wellbeing, spiritual and natural therapy event; FREE to attend!

Join us at the MindBodySpirit Festival in February.

Across three days, the first MindBodySpirit Festival of 2018 is set to tantalise the mind, body and spirit of over 12,000 Brisbanites. From Friday 23 to Sunday 25 February, the local community can discover, educate and stimulate their senses in search of a more holistic lifestyle.

The Festival, which is FREE to attend, will bring together the very best of health supplements, organic produce and skincare, complementary medicine, holistic therapies, spirituality and personal growth.

The 2018 Seminar Series, Interactive Workshops and Speaker's Lounge will feature an inspiring line-up of more than 50 guest speakers who will share their International and Australian expertise on self-development, spiritual connections, health and nutrition. Special guest speakers include leading spiritual life coach Athina Bailey, with how to 'Design your Future'. Sheridan Williamson, a qualified holistic Nutritionist and a certified Gut and Psychology Syndrome (GAPS) practitioner from Changing Habits, will be sharing information about the link between food and anxiety. You will also have the chance to join free Yoga classes with the passionate Lauren Verona and create positive energy by stimulating the senses with Kasi Kaye!

Find mesmerising performances and interactive entertainment at the Performance Stage each day including Kiero Raphael with 'The art of coffee cup reading', spiritual medium Jason McDonald with a live audience demonstration that's sure to impress. Plus, don't forget to stick around for Native American chanting and dancing with Red Horse for a performance that'll get you up off your seat with excitement!

For those looking to relax, unwind and take a break, the Meditation Room by Brahma Kumaris will feature free guided classes. Or for those looking to delve into their future or reflect on the past, nationally renowned psychics can be found in the Psychic Reading Room, featuring over 50 of Australia's most talented readers.

Health foodies will also be tempted with the range of raw, vegan, nutritious and intolerance conscious demos at the popular Soul Kitchen! Find founder and owner of Wray Organics, Deborah Wray with her tasty gluten and dairy free recipes with certified organic ingredients plus nutritional medicine practitioner Kathy Ashton with foods that prevent inflammation and boost gut health.

It's a fun day out, filled with new experiences, entertainment, learning and expert advice. We all want to live a healthy, holistic and wholesome life so start here at the Brisbane MindBodySpirit Festival.

Held annually since 1989, the MindBodySpirit Festivals are Australia's longest running and most respected wellbeing events, attracting over 72,000 visitors nationwide.

The 2018 Festival will be held at the Brisbane Convention & Exhibition Centre. Doors open 9am daily.

- ENDS -

For all media enquiries, interviews, images, media passes and promotions, please contact:

Laura White - Marketing

03 9276 5531 | laurawhite@eea.net.au

**Contacts**

Laura White

03 9276 5531

mailto:[laurawhite@eea.net.au](mailto:laurawhite@eea.net.au)