

Find a happier, healthier, shiner new you at the Melbourne MindBodySpirit Festival!

Australia's largest health, wellbeing and natural therapy event is now FREE to attend!

Don't miss out this Queen's birthday long weekend from Friday 9 to Monday 12 June. The Melbourne MindBodySpirit Festival is set to enrich the lifestyles of over 19,000 Melburnians looking to become healthier and happier.

The Festival, which is FREE to attend, will showcase a wide variety of health and wellbeing products, services and FREE Festival highlights including seminars, workshops, cooking demonstrations and performances.

The 2017 Seminar Series will feature an inspiring line-up of more than 60 guest speakers who will share their international and Australian expertise on self-development, spiritual matters, health and nutrition.

Feel the magnetic power, attraction and creative force of your Divine Feminine with intuitive coach and energy practitioner Freya Dwyer or tune into Shaman and Sacred Geometry templator Raghida for unmissable spiritual enlightenment during our Festival Workshops. And don't forget to visit Jessica Dewar's Yoga class!

Find powerful performances at the Performance Stage each day including renowned spiritual medium Jason McDonald, a stunning Native American experience from the one and only Red Horse and for a bit of light hearted fun Laughter Yoga with Laughter Club Victoria.

The Meditation Room will feature free guided classes for those looking to relax, unwind and take a quick break during the days festivities. Visit the popular Psychic Reading Room and discover nationally renowned psychics, featuring over 50 of Australia's most talented readers.

Love health food? Be tempted with the range of raw, vegan and nutritious demos at the popular Soul Kitchen and discover the health benefits of foods such as seaweed from nutritionist and foodie, Sarah Leung and advice from health and wellness coach Andi Lew.

The Festival is an exciting day out, filled with shopping, new experiences, entertainment, learning and expert advice. We all want to live a healthier more wholesome life and the Festival is a great way to discover how.

Held annually since 1989, the MindBodySpirit Festivals are Australia's longest running and most respected wellbeing events, attracting over 70,000 visitors nationwide.

The 2017 Festival will be held at the Melbourne Convention & Exhibition Centre. Doors open 10am daily.

- ENDS -

KEY EVENT FACTS

Dates: Friday 9 – Monday 12 June 2017

Venue: Melbourne Convention & Exhibition Centre

Time: 10am – 7pm Daily

Tickets: Register online for a FREE ticket

Website: mbsfestival.com.au

Contacts

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