

Find a happier, healthier, shinier new you at the final Sydney Festival for 2017!

Experience the very best of healthy foods and supplements, organics, complementary medicine, holistic therapies, spirituality and personal growth.

Across four days, the MindBodySpirit Festival returns to Homebush for one last hurrah for 2017, enriching over 12,000 Sydney-siders looking for a healthier, happier more present lifestyle, from Thursday 26 to Sunday 29 October.

The event, which is free to attend, will bring together the very best of healthy foods and supplements, organics, complementary medicine, holistic therapies, spirituality and personal growth.

The 2017 Seminar and Workshop 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. Special guests include international life coach Grace Gedeon, author and Earth healer Dr. Mahdi Mason, motivational speaker Mark Carter, organic beauty expert Georgina Alexandra and much more.

Find empowering entertainment at the Performance Stage each day including celebrity spiritual medium Mitchell Coombes, impressive Persian Yoga demonstrations with Kashi Azad & Dominic Lo, sound meditation with Kaisha Hekimian and spiritual drumming soul healer Dr. Steven Farmer.

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.

Leading health and nutrition experts will bring a combination of cooking demonstrations to nourish and hints and tips to nurture your soul in the popular Soul Kitchen. Learn how to make dairy-free essentials with mylk Revolutions' Kris Goetz, get a real food kitchen makeover with wholesome cook Martynna Angell, improve your mood and your memory with Louise Hallinan and reverse diabetes naturally with Genevieve Flight.

It's a great 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 72,000 visitors nationwide.

The 2017 Festival will be held at Sydney Showground, Sydney Olympic Park, before it moves to its permanent home in Darling Harbour in 2018. Doors open 10am daily. Tickets (valued at \$20) are FREE by registering online at mbsfestival.com.au.

KEY EVENT FACTS:

DATES: Thursday 26 – Sunday 29 October 2017

VENUE: Exhibition Hall 3, Sydney Showground, Sydney Olympic Park

HOURS: Thurs - Sat: 10am – 7pm | Sun: 10am - 6pm

TICKETS: Free tickets available online

WEBSITE: mbsfestival.com.au

Contacts

Lisa West

03 9276 5523

mailto: lisawest@eea.net.au