

# Get ready to harness your inner goddess, celebrate yourself, expand your mind and energize your spirit at the MindBodySpirit Festival

Join us from 12-15 March at Australia's largest health, wellbeing and spiritual event at the iconic ICC Sydney, Darling Harbour

The MindBodySpirit Festival celebrates self-love, advances in holistic health, spiritual awakenings and more with over 19,000 Sydneysiders looking for a healthier, more mindful lifestyle. The party starts from Thursday 12 to Sunday 15 March, held at iconic Darling Harbour in the state-of-the-art International Convention Centre!

The event, which is free to attend, will bring together the very best of organics, natural skincare, complementary medicine, holistic therapies, new-age spirituality and personal growth.

The 2020 Seminar and Workshop Series features an inspiring line-up full of guest speakers and facilitators who will share their expertise on self-development, spiritual matters, health and nutrition. Special guests include sexologist Dr Nikki Goldstein, modern witch Tamara Von Forslun, life coach Georgia Bamber and yoga workshops with Adette Kagan and Claire Cuneen.

Find mesmerising performances and interactive and spiritual entertainment at the Main Stage each day including Native American Indian Red Horse, Lyra performance by The Porcelain Phoenix, special painting and dance performed by Nic Palmer, Tibetan healing sounds with Lama Tendar and singing meditation with Rukmini.

For those looking to relax, unwind and take a break, the Meditation Room by Brahma Kumaris will feature free 30 minutes 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. Exclusive to our Sydney Festival, experience the magic of sound in our immersive Sound Bath Sessions. Nestled underneath a Native-American Tipi, let the team from Singbowl guide you through a 10-minute transformative sound experience.

Health foodies can take a juicing masterclass, learn to combat a fatty liver or understand nutritious and non-toxic meal preparation – all at the Soul Kitchen Cooking Stage! Hear from leading experts including holistic Health Coach Desiree Taylor, Nutritional Medicine master Kathy Ashton and Instagram sensation and author Sally O'Neil, aka The Fit Foodie! Sally will also be discussing her experience with orthorexia at the Seminar and Workshop Series.

It's 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 91,000 visitors nationwide.

The 2020 Festival will be held at the International Convention Centre, Darling Harbour. Doors open 10am daily.

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

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