

# Harness your inner goddess, celebrate yourself, expand your mind and energise your spirit at Australia's largest health, wellbeing and spiritual event.

The MindBodySpirit Festival is set to celebrate 30 years!

The Melbourne MindBodySpirit Festival, a FREE event, is also celebrating its birthday this Queen's birthday long weekend from Friday 7 to Monday 10 June. We're turning 30 and we couldn't be more excited to celebrate! Across four fabulous days, the MindBodySpirit Festival is set to enrich the lifestyles of over 25,000 Melburnians looking to become healthier and happier.

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 2019 Seminar & Workshop Series will feature an inspiring line-up of more than 60 guest facilitators who will share their International and Australian expertise on self-development, spiritual matters, health and nutrition. Special guests include self directed healing practitioner Claire Besley, award winning psychic medium Rene Barics, Childosophy practitioner Dr Maxine Therese and yoga workshops with Varsha Sutrave, Daniel Cuming & Active Yoga Sanctuary.

Find mesmerising performances and interactive and spiritual entertainment at the Performance Stage each day including celebrity spiritual mediums Natalee Finn & Florence King, sound healing journey with Lou Van Stone and Anne Ridgeway, and Native American Mescalero Apache Red Horse.

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 can learn to cook for their body type, how to combat a fatty liver or understand detoxing with whole foods - all at the Soul Kitchen Cooking Stage! Hear from leading experts including holistic Health Coach Desiree Taylor, Nutritional Medicine master Kathy Ashton and Holistic Health and Mindset Specialists Penelope Jayne and Sean Beveridge of Global Recharge!

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 2019 Festival will be held at Melbourne Convention and Exhibition Centre. Doors open 10am daily.

Tickets (valued at \$20) are FREE by registering online at [mbsfestival.com.au](http://mbsfestival.com.au).

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