

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

Join us at ICC Sydney from Thursday 20 - Sunday 23 May!

The MindBodySpirit Festival is set to celebrate over 30 years of self-love, advances in holistic health, spiritual awakenings and more with over 19,000 Sydney-siders looking for a healthier, more mindful lifestyle. The party starts Thursday 20 to Sunday 23 May in iconic Darling Harbour in the new 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 2021 Seminar Series will feature an inspiring line-up of more than 30 guest facilitators who will share their International and Australian expertise on self-development, spiritual matters, health and nutrition. Special guests include corporate leader and intuition expert Sheila Vijayarasa, published writer and creative facilitator Mediterranean Wanderer, and holistic healing practitioner Kate Mantello.

Find mesmerising performances and interactive and spiritual entertainment at the Main Stage each day, from our Blessing & Welcome to the Festival, Chair Yoga sessions with Clair Cunneen, Sound Healing Journey with Lou Van Stone and more!

Catch passionate wellness brand owner Rachael Finch of Kissed Earth on the Main Stage on Saturday 22nd May from 1pm - 2pm. Rachael has spent the past decade building a career in the health industry, helping thousands to achieve their wellness goals. As a certified health coach, yoga teacher, business owner, mum and TV host, Rachael loves being able to share her experience on how to live a more fulfilling life and create harmonious balance in mind, body and soul.

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 30 of Australia's most talented readers.

Health foodies can take an alcohol-free or sugar-free masterclass, and learn to create additional nutrition to a meal through herbs and spices 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 health coach Rachael Finch of Kissed Earth!

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 2021 Festival will be held at International Convention Centre, Darling Harbour. Doors open 10am daily.

Tickets are FREE and can be registered online at mbsfestival.com.au.

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