

Kick-start the Summer months with the MindBodySpirit Festival and find a happier, healthier new you!

We all want to live a healthier more wholesome life and the Festival is a great way to discover how.

Over the course of three days, the final MindBodySpirit Festival for 2017 will enrich more than 12,000 enthusiastic Melbournians looking to create a healthier lifestyle for themselves, from Friday 17 to Sunday 19 November.

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

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. Special guest speakers include leading land healer and author Dr Mahdi Mason, gifted healer and pioneer in the field of energy medicine Inna Segal, spiritual healer and clairvoyant Rachel White, and self-improvement author Kasi Kaye Iliopoulos.

Attendees can find empowering entertainment and group classes at the Performance Stage each day including spiritual medium Jason McDonald, connect with the afterlife with Lisa Williams, be inspired by Mescalero Apache Native American dancing with Red Horse and for a bit of light-hearted fun participate in Bellydance, for real women by real women.

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 will also be tempted with the range of raw, vegan and nutritious demos at the popular Soul Kitchen from experts including Sarah Vanis from Aligning Health Retreat & Day Spa, the wholesome cook Martyna Angell and wellness coach and author Andi Lew.

It's a fun day out, filled with 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. It's also a good place to start ticking off a few Christmas presents at the same time!

Held annually since 1989, the MindBodySpirit Festivals is 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

DATE: Friday 17 - Sunday 19 November 2017

VENUE: Melbourne Convention & Exhibition Centre

TIME: 10am - 7pm Daily

PRICE: FREE! Register online for a FREE ticket

WEBSITE: mbsfestival.com.au

Contacts

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