

Melbourne, don't miss the final MindBodySpirit Festival of the year!

Join us as we celebrate the final stop on our 30th Birthday tour from November 22 - 24.

Australia's largest health, wellbeing, spiritual and natural therapy event is celebrating 30 years of sharing love & light this year! The Melbourne MindBodySpirit Festival, a FREE event, is celebrating the final stop on its 30th birthday tour for the year on Friday 22 to Sunday 24 November. Across three fabulous days, the MindBodySpirit Festival is set to enrich the lifestyles of over 14,000 Melbournians 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 30 guest facilitators who will share their International and Australian expertise on self-development, spiritual matters, health and nutrition. Special guests include naturopath, nutritionist and author Katherine Maslen, professional hula hooper Donna Sparx, Medical & Executive Director of the Australian Women's Health Advisory Service Dr Sandra Cabot and yoga workshops with Claire Cunneen and Lee Harold.

Find mesmerising performances and interactive and spiritual entertainment at the Main Stage each day. Featuring special International guest Helen Parry Jones - one of the UK's most renown Clairvoyant Mediums and Medical Intuitive Spiritual Healers, Sound Meditation with Katie Underwood and Totem Spirit Animal Readings by Scott Alexander King.

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 detox, destress & recharge or understand the magic of spices - all at the Soul Kitchen Cooking Stage! Hear from leading experts including 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 are FREE online at mbsfestival.com.au, and are available at the door on the day.

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

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