

MindBodySpirit Festival returns to Brisbane

Free event running February 28 until March 1

Australia's largest health, wellbeing, spiritual and natural therapy event returns to Brisbane in February and March for three amazing days!

The first MindBodySpirit Festival of 2020 is set to welcome over 14,000 Brisbanites. From Friday February 28 to Sunday March 1, the local community can discover, educate and stimulate their senses in search of a more holistic lifestyle for free!

The Festival will bring together the very best of speakers and performers, holistic products, shopping, health and skincare, therapies, meditation, psychic readers, personal growth, workshops, seminars and more.

The Seminar series, interactive Workshops and Speaker's Lounge will feature an inspiring line-up of more than 50 guest speakers and presenters who will share their International and Australian expertise on self-development, spiritual connections, health, nutrition and more. Special guest speakers include Olympic star and owner of Happy Health You; Lisa Curry, renowned psychic mediums Jason McDonald and Scott Alexander King, nutritionist Katherine Maslen and VIP Wildlife's Lester Trenkamp!

On the Performance Stage, visitors will be treated to musical journeys, interactive bellydancing, psychic mediumship and more. Headlined by Sound Healing meditation with Katie Underwood, Steps Dance Academy, Lou Van Stone's Sound Healing Journey and more are sure to leave a lasting impression.

For those looking to relax, unwind and take a break, the Meditation Room will feature free guided sessions. 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.

If that wasn't enough, the Soul Kitchen will also satisfy the health conscious with a range of demonstrations from experts, covering a range of raw, vegan, nutritious and intolerance conscious discussions and recipes. Find founders of Wellness In Real Life, Alicia and Bree with their passion for healthy food and good nutrition, plus nutritional medicine practitioner Kathy Ashton with foods that prevent inflammation and boost gut health.

It's a fun day out, filled with new experiences, entertainment, learning and expert advice. We all want to live a healthy, holistic and wholesome life and the Brisbane MindBodySpirit Festival is the best place to find it!

Held annually since 1989, the MindBodySpirit Festivals are Australia's longest running and most respected wellbeing events, attracting over 90,000 visitors nationwide.

The 2020 Festival will be held at the Brisbane Convention & Exhibition Centre. Doors open 9am daily.

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Contacts

Michael Tarran

0392765523

mailto: michaeltarran@eea.net.au