

MindBodySpirit Festival returns to Sydney in October

Australia's largest health, wellbeing and spiritual event returns to Sydney in October, celebrating the power of self, mindfulness and much more.

The MindBodySpirit Festival is continuing to celebrate 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 17 to Sunday 20 October in the iconic Darling Harbour's 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 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 clairvoyant, medium and spiritual healer Helen Parry Jones, psychic medium Jason McDonald, naturopath and author Katherine Maslen and yoga workshops with Adette Kagan and Claire Cunneen.

Find mesmerising performances and interactive and spiritual entertainment at the Performance Stage each day including celebrity spiritual medium Natalee Flinn and Animal Spirit Mystic Scott Alexander King, a sound healing journey with Lou Van Stone and bellydancing from Sophie Alize and Seda Star.

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 take a juicing masterclass, learn to combat a fatty liver or understand how to quit dairy - all at the Soul Kitchen Cooking Stage! Hear from leading experts including Health Coach Kris Goetz, Nutritional Medicine master Kathy Ashton and renowned health and medical expert Dr Sandra Cabot!

It's an exciting day out, filled with shopping, new experiences, entertainment, learning and expert advice. We all want to live a healthier and 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 International Convention Centre, Darling Harbour. Doors open 10am daily.

Tickets (valued at \$20) are FREE by registering online at mbsfestival.com.au.

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