

# The annual Brisbane MindBodySpirit Festival is again set to bring together the very best of speakers and performers, holistic products, shopping, health and skincare, therapies, meditation, psychic readers, personal growth, seminars and more.

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Our annual Brisbane MindBodySpirit Festival is again set to welcome over 14,000 Brisbanites. From Friday 30 July to Sunday 1 August 2021, 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, seminars and more.

The Seminar Series (held in the Seminar Room and Speakers 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 premier spiritual teacher Adam Barralet, nutritionist Katherine Maslen and expert Holistic Healing Practitioner Kate Mantello!

On the Performance Stage, visitors will be treated to musical journeys, celebration of dance, psychic mediumship and more. Headlined by renowned psychic medium Jason McDonald, Australia's Cowgirl Medium Tonia Reeves, Lou Van Stone's Sound Healing Journey and more, our Main Stage is sure to leave a lasting impression.

For those looking to relax, unwind and take a break, the Meditation Room will feature free guided sessions by Meditation & Yoga Teacher, certified life coach, and founder of Ali Wellness: Ali Oetjen! 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.

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 quick and easy meal prep for families with Michala Torrisi, nutritional medicine practitioner Kathy Ashton with foods that prevent inflammation and boost gut health, and more.

It's a wonderful 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 2021 Festival will be held at the Brisbane Convention & Exhibition Centre. Doors open 9am daily. - ENDS -

## Contacts

Sonia Constandelos

03 9276 5523

mailto:soniaconstandelos@eea.net.au