

# Sydney's largest health and wellbeing Festival set to enrich thousands

Sydney's MindBodySpirit Festival is expected to attract over 13,000 visitors searching for a healthier lifestyle, over an exciting four days at Sydney Showground, Sydney Olympic Park from 23 -26 October 2014.

Visitors will flourish amongst a vast array of health and wellbeing products, services and advice from over 180 exhibitors and enjoy FREE Festival highlights including the Meditation Centre, Physic Reading Room, Soul Kitchen, Seminar Series and live entertainment at the Performance Stage.

"The Festival brings together the best of health and wellbeing, fitness, organics, complementary medicine, holistic therapies, spirituality and personal growth", says Festival Marketing Manager, Rhiannon Kennedy-Bush.

International health guru Dr. Partha Nandi, wellness expert Therese Kerr and raw food queen Kemi Nekvapil of Kemi's Raw Kitchen will motivate the masses with top tips to nourish your soul. Nationally renowned psychics including Alana Fairchild, Jason McDonald, Sharina Star and Harry T are also set to inspire visitors with their spiritual guidance and psychic ability.

"It's a fantastic fun day out, filled with new experiences, entertainment, learning and expert advice. With Summer just around the corner too, it's the perfect time to balance the mind, body and spirit" Kennedy-Bush explains.

Doors will open from 10am – 5pm Thursday and Friday, with extended hours on Saturday and Sunday of 10am – 7pm.

Getting to and from the Festival is easy and conveniently accessible by car, bus, train and taxi services with plenty of parking space available.

Held annually since 1989, the MindBodySpirit Festivals are Australia's longest running and most respected wellbeing events, attracting over 70,000 visitors nationwide.

Tickets available to purchase at the door or online at [mbsfestival.com.au](http://mbsfestival.com.au)

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