

The Melbourne MindBodySpirit Festival, a FREE event, will be dancing its way back into town this Queen's birthday long weekend

Friday 8 to Monday 11 June 2018

Across four fabulous days, the MindBodySpirit Festival is set to enrich the lifestyles of over 20,000 Melburnians looking to become healthier and happier.

The festival will showcase a wide variety of health and wellbeing products, services and FREE festival highlights including seminars, workshops, cooking demonstrations and performances.

The Festival brings together the very best of healthy foods and supplements, organics, complementary medicine, holistic therapies, spirituality and personal growth.

The 2018 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 renowned numerologist Litza Rose, spiritual healer Mas Sajady, priestess of the Eternal Flame Coven and flower magick teacher Ivy Moon and yogi's Lauren Verona and Claire Cunneen.

Find mesmerising performances and interactive and spiritual entertainment at the Performance Stage each day including celebrity spiritual medium Jason McDonald, yoga and tribal bellydance demonstrations and Native American Indian Red Horse.

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 will also be tempted with the range of raw, vegan and nutritious demos at the popular Soul Kitchen from experts including certified health coach and TEDx speaker Kris Goetz, nutritional medicine practitioner Kathy Ashton, whole food plant-based chefs Sean Beveridge and Penelope Jayne and ayurvedic practitioner Chara Caruthers.

The Festival is 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 77,000 visitors nationwide.

The 2018 Festival will be held at the Melbourne Convention & Exhibition Centre. Doors open 10am daily. Tickets (valued at \$20) are FREE by registering online at mbsfestival.com.au.

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