



MindBodySpirit FESTIVAL

Revitalise your body, soothe your soul, pamper your senses and indulge your psychic curiosity - all under one roof at the 2009 Mind Body Spirit Festival.

We *ALL* want to be healthy and happy - discover how at the **Mind Body Spirit Festival**. Whether you're looking for information or inspiration, inner peace or mental stimulation, the latest in holistic health and fitness, or just want to know what's out there the **Mind Body Spirit Festival** is for you!

ENRICH YOUR MIND...

Discover techniques to conquer stress and anxiety, improve your mental performance, strengthen your will power and even develop your psychic ability. The **Mind Body Spirit Festival** has it all!

Experience and embrace therapies and products to help you attain calm, clarity and strength in the face of personal, social, work and environmental pressures, as well as emotional and mental imbalances. Discover non-invasive, alternative treatments for depression, low self-esteem, learning disabilities, ADD, and more.



NOURISH YOUR BODY...

Get glowing! From organic wine to deep tissue massage, natural skin care delights to de-tox DIY, natural menopause solutions to fertility and baby care advice - the **Mind Body Spirit Festival** has all the nutritional, holistic and therapeutic answers for physical healing and wellbeing.

Bursting with an exciting plethora of physical activity options, the Festival has your solution to a trim, toned and terrific body with fun along the way! Vigorous tribal drumming, fiery and exotic foreign dance, meditational yoga, core-building pilates and sizzling tantric sex will have you looking and feeling great!

INVIGORATE YOUR SPIRIT...

Open your heart and mind, and let your spirit soar! The **Mind Body Spirit Festival** will introduce you to tips and techniques for self-satisfaction, love, motivation and positive thought, enjoyment of rich and rewarding relationships with loved ones, career fulfilment and achievement of a healthy work-life balance.

Soothe your spirit with warming Colour Therapy, uplift your senses through rhythmic Celtic Bodhrum drumming and boost your outlook and confidence through holistic teachings.



For further information on speakers and all media enquiries relating to the Mind Body Spirit Festivals, please contact: Briarna Fouche, T: 03 9276 5515 E: briarnafouche@eea.net.au

SEE, HEAR, TRY, TOUCH, TASTE, LEARN, EXPERIENCE...

Visit the Festival's extensive **Lecture & Workshop Program** and **The Speakers Café** to hear an inspiring line-up of more than 40 guest speakers who will share their international and Australian expertise and insight on the latest therapies and thinking, self-development practices, spiritual matters and general health and wellbeing.

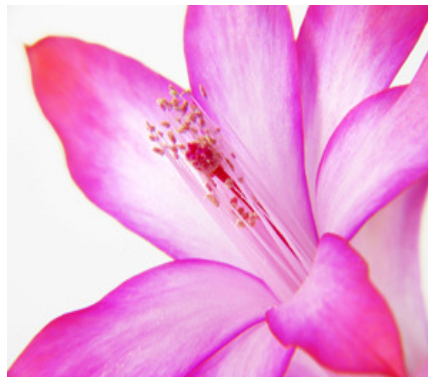
Learn how to practise massage at home, develop your psychic abilities, meditate away unwanted kilos, maximise your brain power and motivation, express yourself through sacred Persian dancing and much, much more. With over 40 free seminars to choose from, total happiness and well-being are at your fingertips!

Be entertained and inspired by the amazing array of live shows on the popular **Demonstration & Performance Stage** throughout the day. Kick start your day with Tai Chi, be amazed by spirit whispering, uplifted by Brazilian dance and moved by music galore throughout the day.

Or, if predications are what you're after, then the **Psychic Reading Room** is the place for you with over 60 of Australia's most reputable psychics, clairvoyants and spiritualists in the one room.

Those looking for a moment to relax and find inner peace or just put your feet up will enjoy the **Mediation & Positive Thinking Centre**. Half hour sessions offer newcomers the chance to learn about and experience meditation, unwind, re-emerge refreshed and optimistic.

As Australia's largest exhibition of healthy living - with more than 180 exhibitors - you will find an extensive and eclectic mix of progressive therapies, alternative and organic products, healthy living options, fitness and self-development practices as well as endless other ideas to experience and enjoy.



Mind Body Spirit Festival:

30 April - 3 May Sydney Exhibition Centre, Darling Harbour

5 - 8 June Melbourne Exhibition Centre, Southbank

26 - 28 June RNA showgrounds, Brisbane

5 - 8 November Sydney Exhibition Centre, Darling Harbour

20 - 22 November Melbourne Exhibition Centre, Southbank

Opening times: 10am - 7pm daily

Cost: Adults - \$16 / Students - \$13 / U14 - free

For further details see: www.mbsfestival.com.au
