

**MEDIA RELEASE**  
For immediate release  
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# MINDBODYSPIRIT FESTIVAL

**Set your soul on fire, be inspired, find magic and even a little zen at Australia's largest health, wellbeing and spiritual event.**

Across four days, the **MindBodySpirit Festival** is set to enrich over 14,000 Sydney-siders looking for a healthier, more mindful lifestyle, from Thursday 24 to Sunday 27 May - as it returns to iconic Darling Harbour in the new state-of-the-art International Convention Centre, Darling Harbour!

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 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 teacher and energy expert **Athina Bailey**, botanical alchemist **Cheralyn Darcey** 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 mediums **Mitchell Coombes** and **Jason McDonald**, **QiGong 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**, whole food plant-based chefs **Sean Beveridge** and **Penelope Jayne**, cookbook author **Martynna Angell** and nutritional medicine practitioner **Kathy Ashton**.

It's 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 **International Convention Centre, Darling Harbour**. Doors open 10am daily.

Tickets (valued at \$20) are FREE by registering online at [mbsfestival.com.au](http://mbsfestival.com.au).

- ENDS -

For all media enquiries, interviews, images, media passes and promotions, please contact:

Lisa West - Marketing Manager

**exhibitions&eventsaustralia**

03 9276 5523 | [lisawest@eea.net.au](mailto:lisawest@eea.net.au)

## KEY EVENT FACTS

DATE: Thursday 24 – Sunday 27 May 2018

VENUE: Exhibition Hall 4  
ICC SYDNEY, Darling Harbour

TIME: 10am – 7pm

PRICE: Free tickets available online

WEBSITE: [mbsfestival.com.au](http://mbsfestival.com.au)

