

MEDIA 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 4 to Sunday 7 October - 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.

Product highlights include the launch of the sit-under energy raising **Meru Pyramid**, perfect for meditation, an eco-friendly cork alignment yoga mat from **I am That - Yoga**, helping to guide your yoga practice, an eco-luxe 100% natural skin care range from **Herbs + Heart**, herbal health elixirs from **Base Alchemy** and so much more!

For those looking to nourish their knowledge, 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 celebrity memory expert **Tansel Ali**, confidence coach **Jessica Goh**, the modern witch **Stacey Demarco**, botanical alchemist **Cheralyn Darcey** and the wisdom hours presented by personal growth strategist **Barry Nicolaou**!

Find mesmerising and interactive classes and spiritual entertainment on the **Main Stage** each day including celebrity spiritual mediums **Lisa Williams & Florence King**, healing mantra meditation music with **Carmella Baynie** and for the active there will be **Deep House Yoga classes** or for those that prefer to sit, **LV Chair yoga**.

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**, holistic health coach **Desiree Taylor** 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.
- ENDS -

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

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KEY EVENT FACTS

DATE: Thursday 4 – Sunday 7 October 2018
VENUE: Exhibition Hall 2
ICC SYDNEY, Darling Harbour
TIME: 10am – 7pm (6pm Sunday)
PRICE: Free tickets (valued at \$20) available online
WEBSITE: mbsfestival.com.au

