

# MINDBODYSPIRIT FESTIVAL

## MEDIA RELEASE

For immediate release

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

Over the course of three days, the final **MindBodySpirit Festival** for 2018 will enrich more than 13,000 enthusiastic Melbournians looking to create a healthier lifestyle for themselves, from Friday 16 to Sunday 18 November.

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 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**, essential oils, botanical extracts and herbal tinctures & tonics from **Enki Organics** 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 expertise on self-development, spiritual matters, health and nutrition. Special guests include clairvoyant **BelindaGrace**, tantric witch **Victoria Smith**, Ballet Sculpt founder **Cat Woods**, author and founder of Childosophy **Dr. Maxine Thérèse** 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 live meditation with internationally recognised soul mentor, spiritual teacher and cosmic guide **Elizabeth Peru**, performances by celestial singer **Lou Van Stone** and for the yogis out there there's **Laughter Yoga** and **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 whole food plant-based chefs **Sean Beveridge and Penelope Jayne**, ayurvedic consultant **Sarah Vanis** 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. It's also a good place to start ticking off a few Christmas presents at the same time!

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.

- ENDS -

For all media enquiries, interviews, images, media passes and promotions, please contact:  
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## KEY EVENT FACTS

DATE: Friday 16 - Sunday 18 November 2018  
VENUE: Melbourne Convention & Exhibition Centre  
TIME: 10am - 7pm Daily  
PRICE: FREE! Register online for a FREE tickets  
WEBSITE: [mbsfestival.com.au](http://mbsfestival.com.au)

