

# MindBodySpirit Festival

Experience a world of wellness at the MindBodySpirit Festival! Our festival offers a diverse range of activities to uplift your mind, body, and soul.

Get your tickets and experience:

- Improve your mental health and wellbeing by attending our free meditation sessions.
- Gain insights and guidance from our experienced psychics and mediums. Book a psychic reading and explore your spiritual side.
- Get entertained by our line-up of lively stage performances featuring music, dance, psychics and more.
- Whether you're window shopping, sampling various products, or planning a shopping spree, you can do it all with unique products and gifts from over 150 businesses.
- Access to thousands of dollars worth of Show Prizes.
- Join us for a workshop to learn new skills and progress your own wellness journey.

Join us at the Sydney MindBodySpirit Festival to experience a world of wellness and explore new ways to improve your wellbeing!