

Mind, body and soul

The Sacred Mist Holistic Healing Group encourages everyone to experience the Festival of Life mind, body and soul expo.



THE Sacred Mist Holistic Healing Group is holding a mind, body and soul expo at the Berwick Leisure Centre on Sunday 27 April from 10am till 5pm.

Called the Festival of Life, it will promote more than 50 exhibitors, including local businesses.

A percentage of the entrance fees will go to the Berwick and Narre Warren CFA.

A range of products and services will be on show, with tarot and angel card readings, psychic artist drawing guides, laser acupuncture, crystals, crystal jewellery, Indian silk clothing, mandalas, feng shui and products from the Serendipity lavender farm.

Expo visitors are welcome to take in their birth details and have an astrology or numerology report done for them.

There is also the opportunity to indulge in the many health products and holistic alternatives available. Visitors will be able to have a healing massage, Bowen treatment or Theta healing, have palm readings by palmists, sample aromatherapy oils and try

Pilates and yoga.

Also available will be Indian henna art, Himalayan salt lamps, singing bowls and aura photography.

Everything needed to feed the mind, body and soul will be at this one expo.

Free lectures and workshops are offered throughout the day.

Featured talks will be about a range of subjects including sick building syndrome, natural animal diet, crystal healing, astrology, how the stars and planets affect people's lives and how silver crystals work.

Expo visitors can also experience a Pilates and yoga demonstration and hear talks on past lives and psychic protection.

The Festival Cafe will serve lunch and refreshments throughout the day.

The Sacred Mist Holistic Healing Group welcomes everyone to join in a day of pure indulgence and take time out to relax in a harmonious atmosphere.