

Life Arts Mind Body Spirit Festival

An experience to nourish your heart and soul

Woodbridge

22-23 April 2023 10am-5pm

WOODBIDGE COMMUNITY HALL, STATION ROAD, SUFFOLK IP12 4AU

- Talks, Workshops & Demos
- Taster Treatments
- Wellbeing Advice
- Delicious Healthy Food
- Mindfulness
- Readings
- Natural Body Products
- Live Music
- Crystals & Jewellery
- Spiritual Gifts & Art



A Chris Cozens Event

40+ Stands

FREE entry for under 16's



Event info & advance tickets - www.lifearts.co.uk