Suffolk Mind Body Spirit Festival

An experience to nourish your heart and soul

Trinity Park 16-17 Sept 2023 10am-5pm

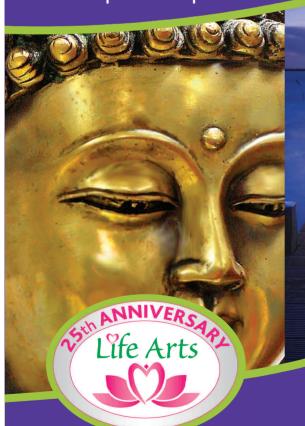
TRINITY PARK EVENTS CENTRE, IPSWICH, SUFFOLK IP3 8UH

FREE wellbeing advice, talks & workshops, yoga & meditation classes

FREE live music entertainment & dancing

 Taster sessions from wellqualified experts Wellbeing support for anxiety, back pain, sleep & menopause

Tarot & mediumship psychic readings Crystals, jewellery, spiritual gifts, healthy food & much more!



A Chris Cozens Event

85+ Stands

FREE entry for under 16's



Purchase Advance Tickets @ www.lifearts.co.uk