

# 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 well-qualified 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](http://www.lifearts.co.uk)