



2 July 2025

Wellness is the word at the Health, Harmony and Soul Festival

The Brisbane Showgrounds will transform into a haven of holistic living when it hosts health enthusiasts, spiritual seekers and wellness advocates at the Health, Harmony and Soul Festival from 4 to 6 July.

From natural therapies and soulful products to mindful movement and spiritual guidance, the Health, Harmony and Soul Festival celebrates the full spectrum of holistic living and personal wellbeing.

The free event, which will be held in the John Reid Pavilion at the Brisbane Showgrounds, will showcase wellness products such as essential oils, crystals and organic skincare; spiritual services such as tarot readings and energy healing and keynote speaker presentations on the Festival's Education Stage.

Brisbane Showgrounds General Manager of Venue Sales and Marketing Jago Coyle said he was delighted to welcome the Health, Harmony and Soul Festival for the first time.

"Wellness is a booming industry globally so we are excited to host this Festival and connect exhibitors from all walks of wellness with the broader community," he said.

The Health, Harmony and Soul Festival is a free event being held in the John Reid Pavilion from 10am to 5pm on Friday 4 July, Saturday 5 July and Sunday 6 July.

The Brisbane Showgrounds precinct is located 1.5km from Brisbane's CBD and is Queensland's largest indoor/outdoor events site. Visit www.brisbaneshowgrounds.com.au

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MEDIA ENQUIRIES:

Veronica Carew
General Manager Communications
Ph: 07 3253 3930/ 0408 323 631
Email: vcarew@rna.org.au

Nicole Clifton
Media & Communications Advisor
0417 451 775
Email: nclifton@rna.org.au