

Itinerary for MIND BODY SPIRIT FESTIVAL SYDNEY 2026 @ ICC DARLING HARBOUR

TIME	THURSDAY 8TH OCTOBER	FRIDAY 9TH OCTOBER	SATURDAY 10TH OCTOBER	SUNDAY 11TH OCTOBER
10AM	RISE BREATHWORK & MEDITATION with JOJO (15mins)	RISE BREATHWORK & MEDITATION with JOJO (15mins)	RISE BREATHWORK & MEDITATION with JOJO (15mins)	RISE BREATHWORK & MEDITATION with JOJO (15mins)
10.30AM				
11AM	BALLET Little Angels Ballet 3-6 years old (15mins) *Ballet shoes FOR SALE	BALLET Little Angels Ballet 3-6 years old (15mins) *Ballet shoes FOR SALE	BALLET Little Angels Ballet 3-6 years old (15mins) *Ballet shoes FOR SALE	BALLET Little Angels Ballet 3-6 years old (15mins) *Ballet shoes FOR SALE
11.30AM				
12PM NOON	CHILL ZONE Shhhh...	CHILL ZONE Shhhh...	CHILL ZONE Shhhh...	CHILL ZONE Shhhh...
12.30PM	LUNCH BREAK NOURISH & HYDRATE	LUNCH BREAK NOURISH & HYDRATE	LUNCH BREAK NOURISH & HYDRATE	LUNCH BREAK NOURISH & HYDRATE
1PM	CHILL ZONE Shhhh...	CHILL ZONE Shhhh...	CHILL ZONE Shhhh...	CHILL ZONE Shhhh...
1.30PM	MOTHER'S CIRCLE / ORAGAMI (15mins)	MOTHER'S CIRCLE / ORAGAMI (15mins)	MOTHER'S CIRCLE / ORAGAMI (15mins)	MOTHER'S CIRCLE / ORAGAMI (15mins)
2PM				
2.30PM	AFTERNOON AFFIRMATIONS (15mins)	AFTERNOON AFFIRMATIONS (15mins)	AFTERNOON AFFIRMATIONS (15mins)	AFTERNOON AFFIRMATIONS (15mins)
3PM	HIP HOP BEATS & CHILL ZONE	HIP HOP BEATS & CHILL ZONE	HIP HOP BEATS & CHILL ZONE	HIP HOP BEATS & CHILL ZONE
3.30PM				
4PM	ART: MINDFUL MANDALA DRAWING (15mins)	ART: MINDFUL MANDALA DRAWING (15mins)	ART: MINDFUL MANDALA DRAWING (15mins)	ART: MINDFUL MANDALA DRAWING (15mins)
4.30PM				

5PM	ECSTATIC DANCE (15mins)	ECSTATIC DANCE (15mins)	ECSTATIC DANCE (15mins)	ECSTATIC DANCE (15mins)
5.30PM	BEAUTIFY FACE MASK RITUAL: LIMITED SPOTS (15mins)	BEAUTIFY FACE MASK RITUAL: LIMITED SPOTS (15mins)	BEAUTIFY FACE MASK RITUAL: LIMITED SPOTS (15mins)	BEAUTIFY FACE MASK RITUAL: LIMITED SPOTS (15mins)
6PM	CLOSE	CLOSE	CLOSE	CLOSE
ALL ACTIVATIONS FREE & MUST REGISTER VIA LUMA APP TO BOOK YOUR SPOT. LIMITED SPOT AVAILABLE.				