

16, 17, 18 October 2026 | Alexandra Palace, London

36 Years of London's Biggest Wellness Weekend!



The Mind Body Soul Experience returns to London's iconic Alexandra Palace this October for a three-day wellness weekend bringing beautiful souls, natural science and age-old wisdom together to create three days of excitement, entertainment and pampering.

All Mind Body Soul Experience tickets will also grant entry to our other amazing shows – OM Yoga Show and Vegan Life Live! Running side by side in neighbouring halls, all three events work in harmony to create an atmosphere and experience centred on wellbeing.

Visitors will have the chance to meet the many incredible psychics, mediums, healers and readers joining us at the Mind Body Soul Experience this year. With astrology, numerology, face, palm, colour and iridology readings, energy therapy, chakra healing, aura photography, mind coaching and much more on offer this year, there will be something for everyone!

Many inspirational coaches, counsellors and teachers will also be taking the stage throughout the weekend, sharing their guidance and wisdom on a wide variety of fascinating topics including manifestation, breathwork, aura and chakra energy and much more. Discover a new way to boost your holistic wellbeing at The Mind Body Soul Experience 2026.

Try something new in the Experience Zone, with a range of sessions featuring dance, meditation and sound-healing. Whether you're looking to connect with a higher power, with yourself, or just have fun - come and get involved!

Our marketplace is like no other – featuring a wide variety of stalls that offer a whole spectrum of wellbeing services and products, it is a treasure trove that you don't want to miss exploring! Discover healing courses, CBD products, crystals, artwork, musical instruments and many more products designed with your spiritual wellbeing in mind.

This year, the Mind Body Soul Experience is honoured to have Meini Sonic Energy as our sponsors, bringing their incredible range of musical instruments and meditative tools to our show. Come and meet the Meini team, learn about the transformative power of sound and experience live sound demonstrations and immersive mini-sessions

Join us on a journey of discovery, growth and self-care at The Mind Body Soul Experience 2026, a unique gathering of beautiful, spiritual souls, all under the same roof.



*Join us this October and be part of the atmosphere and community created by
The Mind Body Soul Experience 2026!*

Tickets are available now at mindbodysoul.show

Show Guide, Exhibitor List & Class Schedule coming soon!

The Mind Body Soul Experience 2026

16th, 17th & 18th October 2026.

Alexandra Palace, London, N22 7AY

Opening Times

Friday 11am - 6pm | Saturday 10am - 6pm | Sunday 10am - 5pm

Admission Costs

One Day - £15 | Two Day - £24 | Three Day - £30 | Children under 16 - Free

Further Information

For further information and images or to arrange an interview, please contact
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