

Enlighten Adelaide Directory 2011

Celebrating the cleaner, greener, healthier and holistic side



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Adelaide gets “Enlightened”

The first Enlighten Adelaide Festival was held on Sunday 13 February 2011 from 11am-4pm in the lush leafy grounds of historic Cummins House, Sheoak Avenue, Novar Gardens.

Over 300 people attended the family-friendly event to celebrate the cleaner, greener, healthier and holistic side of life.

More than 35 local South Australian businesses showcased their products and services in a relaxed and peaceful atmosphere. Displays included Reiki, Massage, Natural Skincare and Hair Care products by Rivada Pty Ltd, Jewellery, and much more.

Bliss Organic Café provided delicious vegan food for sale on the day, and held two cooking class demonstrations to show visitors how easy it was to cook a healthy and inexpensive meal.

Minko Organic Wines provided wine sampling, and the Moroccan Cashbah marquee was set up for Moroccan tea and relaxation.

The free Come and Try marquee provided workshops, demonstrations and come and try activities including Yoga, Chanting, Singing Bowl, Reiki, Tarot Readings, Joy of Life & Song, Gyrokenesis, Chakra/Zone Exercises, Guided Meditation and more.

The Enchanted Garden was a delight for the children and had Mandala Art Workshops by Mother’s Earth Ash Tree, Art, Craft and Games by Groovy Chicks & Pirate Ships, and fairies throughout the day!

There was something for everyone at this year’s first Enlighten Adelaide Festival and next year’s Festival is going to be even bigger and better with more stalls and Come and Try activities!

Thank you to Angela and Richard at Cummins House for being the perfect hosts with a perfect venue. Thanks to our sponsors:



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