

New alcohol-free Mindful Drinking Festival to launch in Cape Town

The Mindful Drinking Festival will be held at the Kirstenbosch Stone Cottages in Newlands, Cape Town on 20 October 2019.

Zolani Mahola, of Freshlyground fame, will be performing songs from her new solo collection at the festival. Not only will fans get to see their favourite singer live on stage but they'll also get to sample the widest range of alcohol-free drinks ever assembled at one venue in South Africa.



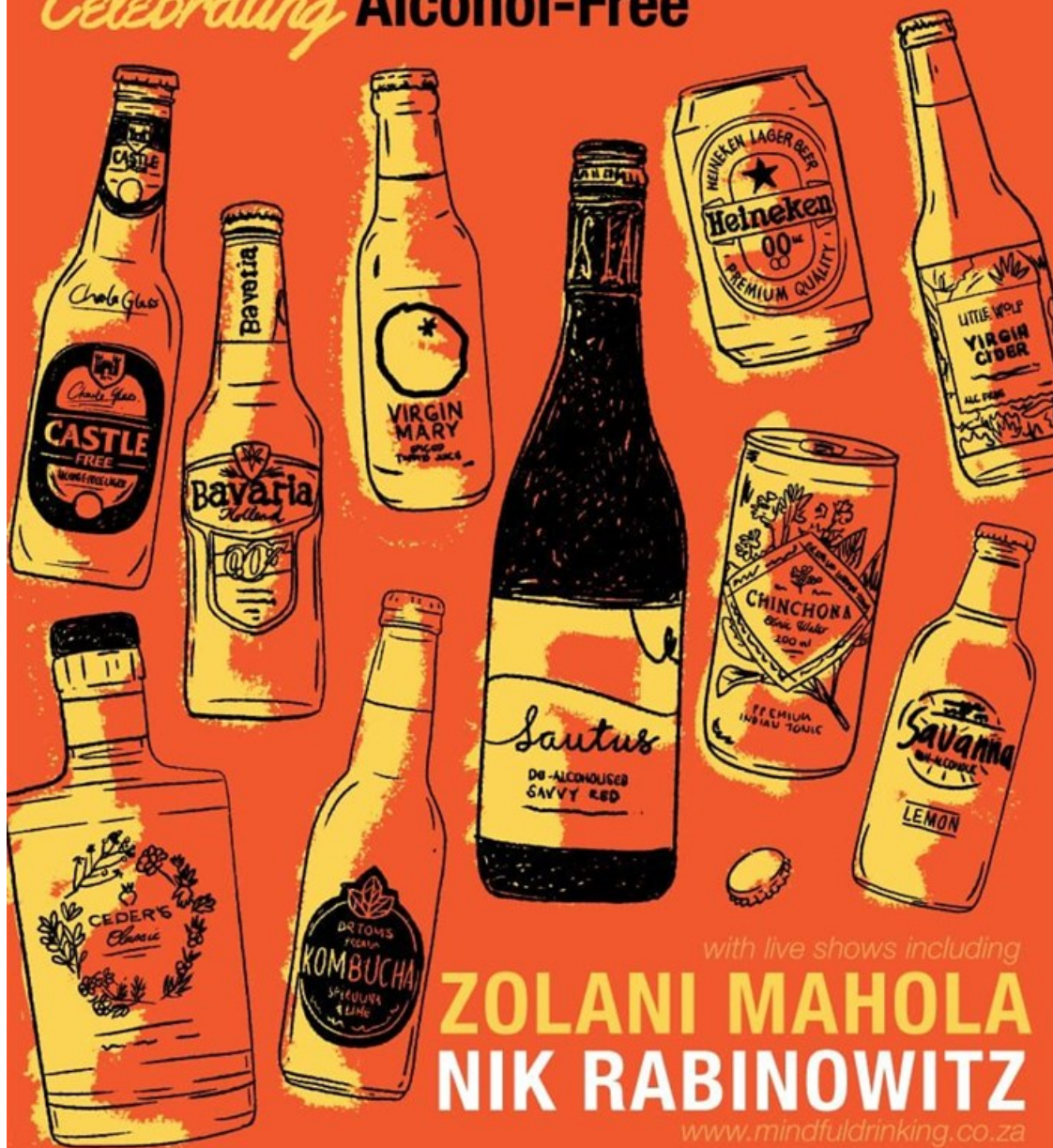
For the first time on African soil, the Mindful Drinking Festival will showcase these wines, beers, bubbly, botanicals, kombuchas and health drinks. The festival is hosted by Mindful Drinking SA – a movement that is motivated to help make it socially acceptable – for young and old to choose non-alcoholic drinks in any situation.

According to the event organiser, Sean O'Connor: "Most live music involves alcohol – the Mindful Drinking festival brings you live music without any booze, promising a totally different listening experience. We are incredibly excited about Zolani performing some of her new material – she's such a fantastically warm presence. Her unique mash-up of Xhosa-folk and acoustic Americana is seasoned with some special indie-rock licks that the audience always loves.

Mindful Drinking FESTIVAL

20TH OCTOBER
SUN 11AM-6PM
KIRSTENBOSCH
STONE COTTAGES
R100 Quicket - R130 at the gate

Celebrating Alcohol-Free



with live shows including

ZOLANI MAHOLA
NIK RABINOWITZ

www.mindfuldrinking.co.za

"We've also got some great emerging artists appearing, as well as the outrageously funky Pravda, who will close off the afternoon. For sports-lovers, there will be a big screen in South Africa's first-ever sober sports bar, with a choice of around ten alcohol-free beers. And no hangovers."

What to look forward to at the festival:

- An exciting new range of products from over 30 alcohol-free producers
- An array of healthy food stalls, including vegetarian and vegan options
- A blind-tasting event for the public MC-ed by Nik Rabinowitz
- Live music featuring Zolani Mahola, The Porchlights, Hatchetman, Dax Butler, the Biscuit Mill Jazz Band and Pravda
- A workshop programme about Mindful Drinking and alcohol-free brewing and distilling

- A free tasting glass and free samples from suppliers
- Wide-open spaces for kids to play
- No hangover on Monday morning

Tickets cost R100 via [Quicket](#) or R130 at the door. Kids under 18 are free. For more about Mindful Drinking South Africa please go to www.mindfuldrinking.co.za.

For more, visit: <https://www.bizcommunity.com>