

# Mind Body Soul Expo (Day 1)

DATE: Saturday, August 16, 2025  
LOCATION: Hampton, New Hampshire, US

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## Event Description

Mind Body Soul Expo (Day 1) is a premier expos event in Hampton. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

## Key Information

**Category:** expos

**Importance Rank:** 52/100

**Expected Attendance:** 1,189 people

**Event ID:** 9etQnvoQbsCwsXmk3u

## Hotel Demand Indicators

**ADR Impact Index:** 5.9x baseline (varies by property tier & location)

**Occupancy Impact:** +60 percentage points over baseline

**Booking Lead Time:** Demand begins 60 days before event

**Impact Radius:** 15km from venue

**Estimated Room Nights:** 476 across all properties

*Note: Actual impact varies by property location, star rating, and local market conditions.*

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