



KENTON WELLNESS FESTIVAL 2025

PROGRAMME



DAY 1: Wednesday 18 June

EARLY MORNING SESSION

07h00 Meridian and Hatha Yoga Kim Van Niekerk R80	Yoga Sculpt Sam Hughes R100	Vinyasa Flow Yoga S.J. Wagg R100
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MAIN PROGRAMME

09h00: Registration and 'Meet and Greet' for coffee and tea at Bushman's Town Hall.

09h30: Overall orientation and info about the festival.

Time	Talk	Practitioner	Venue
10h00	Ayurveda Approach to Balanced Health	Kim Van Niekerk	
10h30	TEA BREAK		
11h00	'The link between the Nervous System and the Fascia: Understanding Chronic Pain and/or Recurring Injuries.'	Roxi Smith	Bushman's Town Hall
11h30	Ozone Therapy	Chantal Bartleman	
12h00	Parasites and Bacteria - A Kinesiological Perspective	Dave De Ruiter	
13h00	LUNCH with Dr Wulffers - The Link between Developing Personal Authentic Leadership and Wellness. R180		The House Planner

AFTERNOON SESSION 14:00-17:00

[Curate your own afternoon, choosing between Food Theatre and Workshops]

Food Theatre [Cookery Masterclasses for Optimal Health]	Workshop 1	Workshop 2	Workshop 3
<p>Nourish to Flourish: Simple cooking and trusted science to help one navigate the shifting landscape of midlife and menopause.</p> <p>Lara Kindersley R200 & Making plant-based & gluten free wraps & bread</p> <p>Candice Norden R100</p>	<p>Be Your Own Personal Trainer: The body weight movements everyone should be training and how to do them the right way.</p> <p>Melissa Tudsbury R110</p>	<p>Self-Activations Toolkit: Strategies for Everyday Calm</p> <p>Roxi Smith R300</p>	<p>The Magic Muscle: The Transverse Abdominus Muscle in Pilates</p> <p>Cate Little R200</p>

FREETIME FOR REFLECTION

EVENING SESSION

Meditation for Deep Relaxation & Sleep Susie McGarvie R50	Pilates Genvieve van der Merwe R100	Five Elements Yin Yoga to Release & Ground (Includes short explanatory talk) - 90 mins Alastair Crew R150
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DAY 2: Thursday 19 June

EARLY MORNING SESSION

07h00 <u>Pilates</u> Christie Jackson R100	<u>Yoga -Finding Your Flow: A Gentle Movement Journey</u> Nicola Byers R80	<u>Yoga- Vinyasa Hip-Opening Flow for Strength, Mobility & Calm. (Includes short explanatory talk)</u> SJ Wagg R100
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MAIN PROGRAMME

09h00 'Meet and Mingle' for coffee and tea at Bushman's Town Hall.

Time	Talk	Practitioner	Venue	
09h30	Movement, Mindfulness & the Breath: Understanding Somatic Yoga	Nicola Byers	Bushman's Town Hall	
10h00	The Faces of Self-Compassion	Susie Mc Garvie		
10h30	TEA BREAK			
11h00	Craniosacral Fluid - What is it? Why do we need it to be in balance?	Shirley Wheeler		
11h30	Crystals: What are they and how do they work?	Cindy Rainbow Healing		
12:00	The Mycological Pharmacy - The Magic of Mushrooms	Sandra Dewes & Helen Flatau		
13h00	<u>LUNCH with Dr Galpin: What your Gynae Might Not Tell you: An Integrative Approach to Menopause</u> R210		Kenton Asian	

AFTERNOON SESSION

14:00-17:00

[Curate your own afternoon, choosing between Food Theatre and Workshops]

Food Theatre [Cookery Masterclasses for Optimal Health]	Workshop 1	Workshop 2	Workshop 3
<u>Medicinal Mushrooms: The magic of medicinal and culinary mushrooms with cooking tips</u> Sandra Dewes & Helen Flatau R150	<u>Aromatherapy</u> Cindy Rainbow Healing R300	<u>Mindful Strokes: Where Yoga Psychology Meets Creative Expression</u> Nicola Byers R450	<u>Needs, Benefits and Journey Towards Developing Personal Authentic Leadership Effectiveness and Wellness</u> Dr Tineke Wulffers R490

FREETIME FOR REFLECTION

EVENING SESSION

<u>Somatic Yoga</u> Cindy Rainbow Healing R100	<u>Guided Meditation</u> Paula Cotton R80	<u>5 Elements Yin Yoga to Release and Ground</u> - 90mins Alastair Crewe R150
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DAY 3: Friday 20 June

EARLY MORNING SESSION

<u>Kundalini Yoga</u> Cindy Rainbow Healing R100	<u>Pilates</u> Candice Norden R80	<u>Yoga Sculpt</u> Sam Hughes R100
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MAIN PROGRAMME

09h00 'Meet and Mingle' for coffee and tea at Bushman's Town Hall.

Time	Talk	Practitioner	Venue	
09h30	Relationships in the Real World	Greg Wilmot	Bushman's Town Hall	
10h00	The Applications of Sound Healing	Ann Jangle		
10h30	TEA BREAK			
11h00	Frequency of Emotions	Tracy Du Toit		
11h30	Pilates 101 & TVA	Cate/Genevieve		
12h00	Harmony and Healing: Exploring the Basics of Music Therapy.	Lieva Starker		
13h00	LUNCH			

AFTERNOON SESSION 14:00-17:00

[Curate your own afternoon, choosing between Food Theatre and Workshops]

Food Theatre [Cookery Masterclasses for Optimal Health]	Workshop 1	Workshop 2	Workshop 3
<u>Use of Spices & Herbs for Gut Rebalancing & Best Foods to Aid Detoxification with Some Quick Easy Recipes</u> Tracey Du Toit & Kim van Niekerk R200	<u>Life Skills for Everyone and Every Fear</u> Greg Wilmot R300	<u>Embodying the Faces of Self-Compassion</u> Susie McGarvie R200	<u>Red Tent Journalling: Interactive Prompts & Therapy.</u> Cindy Rainbow Healing R250

FREETIME FOR REFLECTION

EVENING SESSION

<u>Food & Yoga</u> <u>Savour the Sunset: Yoga & Gourmet Dinner</u> Nicola Byers R375	<u>Dynamic Stretching</u> SJ Wagg R100	<u>Pilates</u> Genevieve van der Merwe R100
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DAY 4: Saturday 21 June

EARLY MORNING SESSION

Solstice Sunrise Swim Join the Kenton Community at Middle Beach for the Annual Polar Plunge	Pilates: Strong Back, Happy Gut Christie Jackson R100	Sunrise Solstice Yoga Includes curated breakfast at The House Planner afterwards Kim van Niekerk R150
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MAIN PROGRAMME

09h00 'Meet and Mingle' for coffee and tea at Bushman's Town Hall.

Time	Talk	Practitioner	Venue	
09h30	Your Pre- and Post-Menopause Exercise Prescription: How women should be training in their 40s and beyond.	Melissa Tudsbury	Bushman's Town Hall	
10h00	Xhosa Health Wheel Approach	Thandokazi May		
10h30	TEA BREAK			
11h00	Self-Discovery through Creativity - a narrative exploration.	Sophie Smith		
11h30	Fishing in the Sub-Conscious for Limiting Beliefs	Paula Cotton		
12h00	Splendour of Plants & Nature for Holistic Healing	Tracey Du Toit		
13h00	LUNCH with Dr Mc Garvie - Embracing Our Shadow: Using the Solstice as an Entry to Integration and Wholeness R180		Pizzarella	

AFTERNOON SESSION 14:00-17:00

[Curate your own afternoon, choosing between Food Theatre and Workshops]

Food Theatre [Cookery Masterclasses for Optimal Health]	Workshop 1	Workshop 2	Workshop 3
Gut Health Panel Discussion: Join our group of experts including, dieticians, detox experts, Ayurvedic practitioner and Mindfulness coach. Free attendance	Creative Wax Carving Jewellery Digit Duval R1500	The Indigenous New Year – A Solstice Celebration Thandokazi May R150	Rise & Release: Follow the wave in Kenton-On-Sea [A gentle and intuitive emotional processing workshop] Paula Cotton R250

FREETIME FOR REFLECTION

EVENING SESSION: Join us for **LIVE MUSIC & Soulful Sound by The Iva Collective Band** (A meditative & therapeutic approach to performance art) **R100**

DAY 5: Sunday 22 June

EARLY MORNING SESSION

<u>Using Breath-work & Alignment for Optimal Yoga Therapy</u> Kim Van Niekerk R80	<u>Free Dance: After the Solstice: New Year Dance for Release & Renewal</u> Dominique Santos R50	<u>Yoga Sculpt</u> Sam Hughes R100
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MAIN PROGRAMME

09h00 'Meet and Mingle' for coffee and tea at Bushman's Town Hall.

Time	Talk	Practitioner	Venue	
09h30	Breath Work: Techniques for Optimal Balance for Sleep & Calm	Kim Van Niekerk	Bushman's Town Hall	
10h00	The Brain Science Behind Yoga Nidra	Alastair Crewe		
10h30	TEA BREAK			
11h00	Somatic Healing – The Power of Reconnecting with Our Body	Susie McGarvie		
11h30	Significance of Dreamwork & Tools to Analyse Your Dreams	Dominique Santos		
12h00	Sound Therapy: The Frequency of Healing	Amaza Sound Journey's (Qhawe Giyose) and Iva Collective's Samantha Collett		
13h00	LUNCH			

AFTERNOON SESSION 14:00-17:00

[Curate your own afternoon, choosing between Food Theatre and Workshops]

Food Theatre [Cookery Masterclasses for Optimal Health]	Workshop 1	Workshop 2	Workshop 3
<u>Karoo Wellness: Heritage Meat Dishes for Energy & Vitality</u> Gordon Wright R250	<u>Vagus Nerve Stimulation</u> (Including breath work and a Vagus Nerve "Tool" to take home) Tracey Du Toit	<u>Enter the Dream Unit: Dream Incubation for an Awakened Life</u> Dominique Santos	<u>Sound Bath</u> <u>Amaza Sound Journey R200</u>

FREETIME FOR REFLECTION

EVENING SESSION

[Ambient \(Core duo\)](#)
[Sammy Collett & Buntu Duku](#)
[Venue: The Volo](#)

Enjoy music together, time to reflect, connect and give thanks for our time. Dinner and drinks are for your own account.

[Click here to buy your GOLDEN TICKET! Giving you access to all the talks.](#)

Workshops and Masterclasses links provided on the programme are at an additional cost