

KENTON WELLNESS FESTIVAL PROGRAMME 3-7 JUNE 2026



IMAGE BY RON MCKENZIE



Day 1 Wednesday 03 June
Body Awareness

MORNING MOVEMENT SESSION 07:00 - 08:00*

Dance Flow
 Roxanne Smith
 @Kenton Town Hall

Yoga Foundations
 Kim Van Niekerk
 @Methodist Church Hall

Playful Pilates
 Candice Norden
 @Bushmans Town Hall

MAIN PROGRAMME*

09:00 REGISTRATION, MEET AND GREET | 09:15 FESTIVAL ORIENTATION | @ BUSHMAN'S TOWN HALL

TIME	TALK	PRACTITIONER
09:30	What is Circadian Rhythm and Why is it Important ?	Roxanne Smith
10:00	Ayurveda - Nature's Pharmacy	Kim van Niekerk
10:30 TEA		
11:00	Navigating Menopause and Burnout Through Yoga and Art	Nicola Byers
11:30	Releasing the Stories the Body Holds	Shirley Wheeler
12:00	Panel Discussion: Regulating Stress In A Dysregulated World <i>Greg, Aryn, Shirley, Roxi, Kim</i>	

13:00 - 14:15 LUNCH

AFTERNOON WORKSHOPS 14:30 - 17:00**

Food Theatre @ Volo Restaurant **Healthy Food Done Simply and Delicious** - Tracey from HP

Conversations about Forgiveness
 Kim Barker
 @Bushmans Town Hall

Untangling Fear and Its Impact on Your Life
 Greg Wilmot & Alaric Heim
 @Bushmans Town Hall

TRE® Introduction
 Aryn Guiney
 @Bushmans Town Hall

Body First: A Toolkit for Parents & Teens to Understand Emotions, Reduce Stress, & Feel Calm - Together
 Roxanne Smith
 @Wellness Hub

EVENING SESSIONS 17:30 - 19:30**

Enter the Peace Portal @ Methodist Church - Paula Cotton

*Included in your 5-day Festival Pass.

**Available to book via Quicket.

[**CLICK TO PURCHASE YOUR 5-DAY FESTIVAL PASS**](#)



MORNING MOVEMENT SESSION 07:00 - 08:00*

Nature Immersion

Guided Walk
Meet @TBC

Vinyasa Yoga

Nicola Byers
@Bushmans Town Hall

Laughter is Exercise

Charmaine Sparrow
@Methodist Church

MAIN PROGRAMME*

09:00 REGISTRATION, MEET AND GREET | 09:15 FESTIVAL ORIENTATION | @ BUSHMAN'S TOWN HALL

TIME	TALK	PRACTITIONER
09:30	Transforming Health with Light - Photobiomodulation as a tool for wellbeing.	Dr Margot De Kooker
10:00	New Beginnings: Navigating important life changes, including retirement, guided by Authentic Self-Leadership.	Dr Tineke Wulffers
10:30 TEA		
11:00	I Need to go to Therapy - What Happens?	Greg Wilmot
11:30	The Inside Scoop of Fungi and Gut	Sandra Dewes
12:00	Panel Discussion: Body-Based Healing in Modern Life, Daily Support Techniques <i>Candice, Sandra, Christelle, Roxi, Aryn</i>	

13:00 - 14:15 LUNCH

AFTERNOON WORKSHOPS 14:30 - 17:00**

Food Theatre @ Volo Restaurant Superfood Sides and Seafood - Kitchen Elf

Baseline Nutritional Essentials for Daily Life	New Beginnings: Navigating important life changes guided by Authentic Self-Leadership	The idiots Guide to Fascia Release	Grow Your own Mushrooms
Jan Ross & Mark Hazell @Bushmans Town Hall	Tineke Wulffers @Bushmans Town Hall	Christelle Smit-Connacher @Kenton Town Hall	Sandra Dewes @Methodist Garden

EVENING SESSIONS 17:30 - 19:30**

Yoga Nidra @ Bushmans Town Hall - Kim van Niekerk

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Day 3 Friday 05 June
Creativity & Expression

MORNING MOVEMENT SESSION 07:00 - 08:00*

Yin Yoga
 Alistair Crewe
 @ Methodist Church

Somatic Dance Party
 Aryn Guiney
 @ Kenton Town Hall

Playful Pilates
 Candice Norden
 @ Bushmans Town Hall

MAIN PROGRAMME*

09:00 REGISTRATION, MEET AND GREET | 09:15 FESTIVAL ORIENTATION | @ BUSHMAN'S TOWN HALL

TIME	TALK	PRACTITIONER
09:30	Astrology: Your permission slip to own who are	Cindy Rainbow
10:00	Infrared and Red Light Therapy	Candice Norden
10:30 TEA		
11:00	The Power of Laughter	Charmaine Sparrow
11:30	Toxin, What Toxin?	Claire McNulty
12:00	Panel Discussion: Creativity as Medicine <i>Nicola, Sophie, Cindy, Carol</i>	

13:00 - 14:15 LUNCH

AFTERNOON WORKSHOPS 14:30 - 17:00**

Food Theatre @ Volo Restaurant **Wrap it Up with Flavour Bombs** – Kim van Niekerk

New Beginnings:
 Cultivating an engaged
 and fulfilling retirement,
 guided by Authentic
 Self-Leadership
 Tineke Wulffers
 @Bushmans Town Hall

Detox Your Life
 Claire McNulty
 @Bushmans Town Hall

**Stop Resisting & begin
 flowing: Understanding
 your progressed
 moon cycles**
 Cindy Rainbow
 @Bushmans Town Hall

**Creative Workshop:
 From Stillness to
 Story - a Mixed Media
 Workshop in Creative
 Expression**
 Nicola Byers
 @Kenton Town Hall

EVENING SESSIONS 17:30 - 19:30**

Wine & Vaginas @ The Bell, Kenton - Christelle Smit-Connacher

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Day 4 Saturday 06 June
Nervous System & Self Regulation

MORNING MOVEMENT SESSION 07:00 - 08:00*

Somatic Yoga: Regulating Your Nervous System & Cultivating Inner Safety

Cindy Rainbow
 @Bushmans Town Hall

Pelvic Awareness Flow

Christelle Smit-Connacher
 @Kenton Town Hall

Dynamic Movement Meditation

Claire McNulty
 @Methodist Church

MAIN PROGRAMME*

09:00 REGISTRATION, MEET AND GREET | 09:15 FESTIVAL ORIENTATION | @ BUSHMAN'S TOWN HALL

TIME	TALK	PRACTITIONER
09:30	Boundary Blindspot: Why “Nice People” Burn Out	Rowene Johnston
10:00	Creative Alchemy	Sophie Smith
10:30 TEA		
11:00	Wholefood Supplementation	Jan Ross and Mark Hazell
11:30	Dream work is life work	Dominique Santos
12:00	Panel Discussion: Women’s Bodies Across the Lifespan: <i>Justine, Dr Ellie, Kim, Christelle, Dr Johnson, Dr Tineke</i>	

13:00 - 14:15 LUNCH

AFTERNOON WORKSHOPS 14:30 - 17:00**

Food Theatre @ Volo Restaurant Activated Delights: Healthy Sweet Treats - Candice Norden

Crystals: Stabilise your Frequency and Unlock Your Potential

Cindy Rainbow
 @Kenton Town Hall

Wild Light Photo Walk

Sophie Smith
 @Kenton Town Hall

Curiosity and Courage

Paula Cotton
 @Bushmans Town Hall

Mental Health First Aid

Rowene Johnston
 @Bushmans Town Hall

EVENING SESSIONS 17:30 - 19:30**

Hatha & Yoga Nidra with Dinner @ TBC - Nicola Byers (nabLIFE)

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Day 5 Sunday 07 June
Meaning & Integration

MORNING MOVEMENT SESSION 07:00 - 08:00*

Dreaming Movement

Dominique Santos
 @ Bushmans Town Hall

Yoga & Breathwork

Kim van Niekerk
 @ Kenton Town Halls

Pilates Reset

Candice Norden
 @ Methodist Church

MAIN PROGRAMME*

09:00 REGISTRATION, MEET AND GREET | 09:15 FESTIVAL ORIENTATION | @ BUSHMAN'S TOWN HALL

TIME	TALK	PRACTITIONER
09:30	Chi Nei Tsang	Semilla [Zen Lotus]
10:00	Operating from the Heart Brain	Paula Cotton
10:30 TEA		
11:00	Herbal Healing	Dave De Ruiter
11:30	Ocean Therapy	Carol Leff
12:00	Panel Discussion: Emotional and Physical Toxins - What do i do? <i>Cindy, Dave, Paula, Semilla</i>	

13:00 - 14:15 LUNCH

AFTERNOON WORKSHOPS 14:30 - 17:00**

Food Theatre @ Volo Restaurant **Wholefood Supplement Demo** – Jan Ross & Kim van Niekerk

Dreamwork is lifework

Dominique Santos
 @Kenton Town Hall

**Transforming Health
 with Light**

Dr Margot De Kooker
 @Bushmans Town Hall

**Free-write Your Way
 to Better Health**

Carol Leff
 @Bushmans Town Hall

Intuitive Collage

Birgit Duval
 @ Silverleaf Lifestyle Centre

EVENING SESSIONS 17:30 - 19:30**

TBC

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