

KENTON WELLNESS FESTIVAL PROGRAMME 3-7 JUNE 2026



IMAGE BY RON MCKENZIE



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 [Clever, fast and fun ways with healthy foods](#)
Tracey Schmidt

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 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 [Sauces and Secrets](#)
Sue Daly (Kitchen Elf)

Building Your Wellness Baseline

Jan Ross & Mark Hazell
@Bushmans Town Hall

New Beginnings: Navigating important life changes guided by Authentic Self-Leadership

Tineke Wulffers
@Bushmans Town Hall

The Idiots Guide to Fascia Release

Christelle Smit-Connacher
@Kenton Town Hall

Grow Your own Mushrooms

Sandra Dewes
@Methodist Garden

EVENING SESSIONS 17:30 - 19:30**

[Yoga Nidra](#) @ Bushmans Town Hall - Kim van Niekerk | [Dance Flow](#) @ Kenton Town Hall - Dominique Santos

*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*

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

*Included in your 5-day Festival Pass.

**Available to book via Quicket.

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



Day 4 Saturday 06 June
Nervous System & Self Regulation

[PURCHASE YOUR DAY 4 PASS HERE](#)

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	The Power of Breath on our Physiological and Mental States of Wellbeing	Kim Van Niekerk
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)

*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*

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 [Veggies for Vitality - Pick your Superpower](#)
 Jan Ross & Kim van Niekerk

**Unlock Your Cosmic
 Blueprint**

Cindy Rainbow
 @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**

Final Gathering @ Volo | *Food and drinks for own account*

*Included in your 5-day Festival Pass.

**Available to book via Quicket.

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