

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 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*

Pure Bodies Wellness
Lani van Pletzen
@Kenton Town Hall

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 | [Dream Body Dance](#) @Kenton Town Hall - Dominique Santos

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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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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: Embody, Express and Release through Movement & Music

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](#) @ The House Kitchen - Nicola Byers (nabLIFE)

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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*

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