



Breathwork  
Africa

# UWOYA

## BREATHFEST 2024

22-25 September  
2024

Cradle of Humankind,  
South Africa



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We are living through a transition between the dying of the world as we have known it and emergence of the unknown future and so the theme for Umoya BreathFest 2024 unfolded as a response to the questions: How does the breath anchor and hold the container for the brave conversation of what we are most afraid to confront within ourselves and between each other, for what is dying and what is being reborn?

Umoya is a joyful gathering on ancient land, with community, and held by breath to discover what healing may mean for us as individuals, communities and the greater collective through this transition.

Our speakers are examples of those who embody breath and who live the paradox, who take inspired action as the death doulas, the catalysts, the healers, and the creatives. Our group processes and breathing practices are powerful and grounding containers for healing sharing, learning and emergent insights.

For 4 days, the sacred land, vibrant food, joyful community and gentle breath root us back to the timeless wisdom of heart as we re- member and find the courage to hold the space for others once we part.





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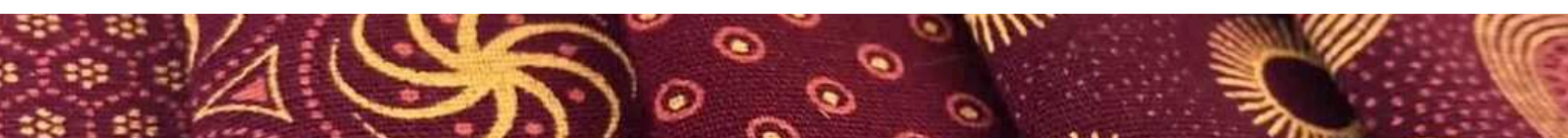
## About the BreathFest

The crises of our time have catalysed a global rise in consciousness, inviting questions of what it means to breathe, to live, to die, to be human, to transform and to heal.

We invite you, as part of a community who hold a shared intention of healing, whole-heartedness and hope to find ways to re-weave the heart of humanity that has been fractured by pain and intergenerational trauma using breath as a thread.

We will gather in the Cradle of Humankind, where our collective umbilical cord lies buried, a fitting space to hold that which is ready to be birthed as systems collapse around us. We would love you to join us at our Umoya BreathFest to celebrate that we are one diverse species across the globe, with our roots in Africa all sharing the same common language of the breath.

The Umoya BreathFest is a gathering of breathwork and health practitioners, academics, artists, activists who work on the intersections of social sciences, humanities, health sciences, arts and activism to meet in person to learn, grow, share, connect and co-create. It is a forum of learning and shared experience for all those interested in discovering the potential of breath for personal healing, an agent for societal change and means to inspire a healing-informed society.





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## Umoya BreathFest Programme

### Sunday, 22 September

#### Morning Programme

Opening Ceremony

Welcome & Intention Setting – Dr Ela Manga

Opening Keynote – Rachel Nyaradzo Adams

#### Afternoon Programme

Re-Spiriting-Your-Story

Breathwork Session

### Monday, 23 September

#### Morning Programme

Movement practice

Keynote Address – Nina Callaghan

Keynote Address – Dr Ela Manga

#### Afternoon Programme

Celebration of Grief

A time to integrate and reflect

#### Evening Programme

Sound Journey

### Tuesday, 24 September

#### Morning Programme

Movement practice

Keynote Address – Dion Chang

Panel Discussion

#### Afternoon Programme

Visioning Breath

#### Evening Programme

Fireside Stories

### Wednesday, 25 September

#### Morning Programme

Breathwork session – Dr Ela Manga

Official Closing

*Programme ends before midday on Wednesday.*

*Lunch is excluded on Wednesday but can be arranged at own cost.*



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## Umoya BreathFest Speakers



### Rachel Nyaradzo Adams

Named one of the 100 Young Influential Africans of 2019, Rachel Nyaradzo Adams is a leadership and transformation practitioner who is trained in organisational systems, ontology, neuroscience, and anthropology. She has worked with leaders of diverse backgrounds and seniority from across the African continent and beyond. She is committed to courageous conversations and creates safe spaces for clients to explore some of their toughest conversations.

Rachel sits on the boards of MINDS, Jakes Gerwel Fellowship and St. George's College. She is a Mandela Rhodes Scholar, a Desmond Tutu Fellow, a Felix Scholar and a Mellon Mays Scholar.



### Nina Callaghan

Nina Callaghan is the Deputy Director of the Centre for Sustainability Transitions, at Stellenbosch University. She is seeking better questions and practice for development, politics, education, family-making and being together on this mysterious planet. She is passionate about finding ways to navigate the polycrisis our world is in to find a place for thriving and is currently a PhD candidate extending her inquiry into governance, with questions framed around embodied sustainability.

Nina serves as the Transformation Committee Chair for the faculty of Economic and Management Science at Stellenbosch University. She is a lecturer for the Postgraduate Diploma in Sustainable Development. Nina has previously worked as a director of the NGO, Children's Radio Foundation, as a broadcast journalist and has experience as a theatre performer.



### Dr Ela Manga

Dr Ela Manga is an integrative medical doctor committed to healing and bringing heart back into the art of medicine. Her medical training was a step towards her true vocation as a facilitator of health and a catalyst for change. She is the founder of Breathwork Africa, an organisation that offers internationally recognised breathwork practitioner training based on the Pneumanity™ philosophy.

Ela's first book, BREATHE: Strategising Energy in the Age of Burnout, is a much-loved guide for understanding authentic energy to optimise physical and mental health. Her second book will be launched at Umoya BreathFest 2024.



### Dion Chang

Dion Chang will make you think differently. He is a professional cage rattler, a strategic thinker, a keynote speaker, and a walking ideas bank. Dion is passionate about assisting companies to embrace change and embedding a culture of innovation into corporate operating systems.

These qualities serve him well in the new role he has added to his portfolio, that of 'an end-of-life companion doula'. As such he provides the terminally ill and their families with support, guidance and companionship. This new role aligns with his business practice – after all end-of-life is not necessarily about physical death but the death of old ideas and the birth of new ones.



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## Who should attend?

Breathworkers, Educators, Health Policy Makers, Students, HR heads, Health & Wellness Practitioners, Community Leaders, Wellness Organisations, Academics, NGOs, Mental Health Community, Activists, Community Development Practitioners



### Retreat Costs:

Sharing per person R17,250 incl VAT  
(\$1,065)

Single per person R20,125 incl VAT  
(\$1,245)

#### Package Includes:

3 nights' accommodation

3 meals per day

Workshops and events

Welcome Pack

\*All transportation to and from venue is excluded

### Day Visitor Package:

Per day R2,100 incl VAT (\$135)

#### Package Includes:

Welcome Pack

Lunch

Workshops and events

Bookings: [marj@breathworkafrica.co.za](mailto:marj@breathworkafrica.co.za)



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## About the Venue Cradle Valley Conference Venue

Cradle Valley is a beautiful and charming wedding, conference & function venue, overlooking the dam and horse paddocks on the edge of the Cradle of Humankind, west of Johannesburg.

The well designed and functional layout of the venue includes venue areas like the sunset veranda, fountain area, practical and unique bar, with a spacious buffet area and one of a kind boma, all framed with mesmerising gardens. A tranquil water stream flows softly in the background between the venue and chapel, while our adorable ducks celebrate in the water, the stream then meets our remembrance bridge before connecting the two Cradle Valley dams.



## Contact Us

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### Website

[www.breathworkafrica.co.za/umoya-breathfest](http://www.breathworkafrica.co.za/umoya-breathfest)