

UMOYA BREATHFEST PROGRAMME

22 - 25 September 2024



Breathwork
Africa

	Time	Event	Details	Facilitator
Sunday, 22 September	10:30	Arrival & Registration		Breathwork Africa Team
	11:00	Opening Ceremony	Awaken	Sarvavidya Natyaalaya
	11:30	Welcome	Welcome & Intention Setting	Dr Ela Manga and Marj Murray
	11:45	Opening Keynote	The Wisdom of the Body and Archetypal Power – Returning to Ourselves	Rachel Nyaradzo Adams
	13:00	Lunch		
	14:30	Re-Spiriting-Your-Story	Exploring our stories through the wisdom of the body	Dr Ela Manga and Dr Sara Matchett
	16:00	Breathwork Experience	Conscious Connected Breathwork Session	Breathwork Africa Team
	17:30	Free time	Time to rest, integrate and mingle	
	18:30	Dinner		
Monday, 23 September	07:00	Experience & Exploration	Expressive Dance	Jayne Holtzhausen
	08:00	Breakfast		
	09:30	Keynote Address	Embodied Sustainability: Hope in a time when there is lack of evidence for hope	Nina Callaghan
	11:00	Tea Break		
	11:30	Keynote Address	Breath, Death, and Life	Dr Ela Manga
	12:30	Lunch		
	14:00	Celebration of Grief	A profound journey of healing as we meet our grief and welcome the process of rebirthing	Breathwork Africa Team
	15:30	Integration	Integration through music	Sue Grealy
	16:00	Free time	Time to rest and/or mingle	
	18:30	Dinner		
	20:00	Experience & Exploration	Sound Journey	Sue Grealy
Tuesday, 24 September	07:00	Experience & Exploration	Yoga	Natalie Botha
	08:00	Breakfast		
	09:30	Keynote Address	Keeping your mind open to change: The death of old ideas and the birth of the new	Dion Chang
	11:00	Tea Break		
	11:30	Remembering	Celebrating how far we have come, individually and collectively	Breathwork Africa Community
	12:30	Lunch		
	14:00	Breathwork workshop	Breathing for daily life	Dr Ela Manga and the Breathwork Africa Team
	16:00	Free time	Time to rest and/or mingle	
	18:30	Dinner		
	20:00	Outdoor experience	Fireside Stories	
Wednesday, 25 September	07:00	Experience & Exploration	Intuitive Movement	Audrey Redmond
	08:00	Breakfast		
	09:30	Breathwork session	Conscious Connected Breathwork session	Dr Ela Manga
	10:30	Imagine	Weaving a breath-informed society	Marisa Farinha Lloyd
	12:00	Closing	Closing Ceremony	
	12:30	Lunch		

Programme ends with lunch on Wednesday afternoon.