

THE MIDLANDS WELLNESS FESTIVAL 2024

Brought to you by The Midlands Wellness Association

For more information contact Jessica: 082 802 0005

SUPPLIERS - PLACES TO STAY AND PLACES TO VISIT

Accommodation:					
		Antbear Eco Lodge	Giants Castle, Drakensberg	Andrew	736126964
		Braemar in Howick	Howick	Nikki Brighton	834733074
		Anam Cara BnB	Howick	Debbie Venter	824529499
		The Old Mushroom farm	Karkloof	Sandy	604701218
Food:					
		Slow Food Movement - Kzn Midlands	Midlands	Nikki Brighton	834733074
Adventure:					
		Karkloof Canopy Tours	Karkloof	Rose-Lynne	762412888
Wellness Centers:					
		House at Nine	9 Drew Ave, Howick	Jen Theron	833834882
		Optimum Health Centre	15 Rieley Crescent, Howick	Alistair	662698229
Health Shop:					
		Dovehouse Organic Health Shop	Howick	Shereen Duncan	828684517

Calendar of Festival Events: 7 JUNE - 7 JULY 2024

WEEK 1

Day	Date	Time	Activity	Location	Cost	Person/Business	Contact
Friday	7	8am-9.15am	Iyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
Fri-Sun	7-9th		Gratitude Retreat	Antbear Eco-Lodge Drakensburg		Andrew	736126964
Saturday	8&9		ANJALI YOGA FESTIVAL	House at 9, Howick		Jen Theron	833834882
	8	9.30-11.30am	Smoothie making	Sakabula Country Estate	R140pp	Lisa Glaister	728213707
	8	9-10.30am	Uncovering the rootcause of health issues	Optimum Health Centre	R100	Alistair	662698229
Sunday	8&9		ANJALI YOGA FESTIVAL	House at 9, Howick		Jen Theron	833834882
	9		Comrades Marathon				

WEEK 2

Day	Date	Time	Activity	Location	Cost	Person/Business	Contact
Monday	10	5.30pm- 7pm	Yin Yoga with Yolande	House at 9, Howick	R90	Yolande Du Toit	727729766
	10	5.30-7pm	HBT Dance studio - Belly dancing	Breathe Studio, Howick	R90	Alison Neil	829009546
	10	6-7pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
Tuesday	11	6-7am	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
	11	6.45am	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Wednesday	12	9-10am	Reko Market - Notties	Meander Square		Nikki Brighton	834733074
		7:30 - 8:45am 9:00 - 10:15am	Iyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	12	8.30-10am	Yin Yoga with Yolande	House at 9, Howick	R80	Yolande Du Toit	727729766
	12	5.15-6.15pm	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
	4	Week Course	Pain Mastery (Wednesday mornings)	Optimum Health Centre	R250	Alistair	662698229
Thursday	13	1-2pm	Reko Market - Howick,	Main street common, Holmes lane		Nikki Brighton	834733074
	13	3.30-4.30pm	Reko Market - Hilton	Church of Ascension		Nikki Brighton	834733074
	13	8am-9am	Kundalini Yoga (drop in)	Breathe Studio, Howick	R100	Jacqui Meyer	833276698
	13	6-7.30pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
	13	4pm	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Friday	14	8am-9.15am	Iyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	14	9am - 12am	Discover The Power Of Journaling Workshop	7 On Oakleigh, Oakleigh Ave, Wel	R190	Kim Clark	827712416
Saturday	15	8am	Beacon Hill Walk	Beacon Hill, Howick	R20donation	Ross Haynes	832544223
	15	9-10.30am	Uncovering the rootcause of health issues	Optimum Health Centre	R100	Alistair	662698229
	15	1pm-4.30pm	Constellations - Connecting to nature	House at 9, Howick	R350pp	Cathy Geils	846222620
Sunday	16	1pm-4.30pm	Constellations - Connecting ancestors	House at 9, Howick	R350pp	Cathy Geils	846222620

WEEK 3

Day	Date	Time	Activity	Location	Cost	Person/Business	Contact
Monday	17		Public Holiday				
	17	5.30-7pm	HBT Dance studio - Belly dancing	Breathe Studio, Howick	R90	Alison Neil	829009546
	17	6-7pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
	17	5.30pm- 7pm	Yin Yoga with Yolande	House at 9, Howick	R90	Yolande Du Toit	727729766
Tuesday	18	6-7am	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
	18	6.45am	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Wednesday	19	9-10am	Reko Market - Notties	Meander Square		Nikki Brighton	834733074
		7:30 - 8:45am 9:00 - 10:15am	Iyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	19	8.30-10am	Yin Yoga with Yolande	House at 9, Howick	R80	Yolande Du Toit	727729766
	19	5.15-6.15pm	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
Thursday	20	1-2pm	Reko Market - Howick,	Main street common, Holmes lane		Nikki Brighton	834733074
	20	3.30-4.30pm	Reko Market - Hilton	Church of Ascension		Nikki Brighton	834733074
	20	8am-9am	Kundalini Yoga (drop in)	Breathe Studio, Howick	R100	Jacqui Meyer	833276698
	20		Solstice				
	20	6-7.30pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
	20	4pm	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Friday	21	8am-9.15am	Iyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	21-23		Winter Retreat - Yoga and healing	Currys Post	R3350	Gabriella Sansoni	713647983
Saturday	22	3pm	Guided sunset walk up Beacon Hill	Beacon hill, Howick	R20donation	Ross Haynes	832544223
	22	12-2.30pm	Winter Wild Lunch	Braemar, Howick	R350pp	Nikki Brighton	834733074
	22	9am	Karkloof falls walk	Karkloof	R130pp	Lisa Glaister	728213707
	22	9-10.30am	Uncovering the rootcause of health issues	Optimum Health Centre	R100	Alistair	662698229
Sunday	23	10am	Mythical walk/Journey	ChambourcinFarm, Karkloof	R200pp	Yolande Du Toit	727729766

WEEK 4

Day	Date	Time	Activity	Location	Cost	Person/Business	Contact
Monday	24	5.30pm- 7pm	Yin Yoga with Yolande	House at 9, Howick	R90	Yolande Du Toit	727729766

	24	5.30-7pm	HBT Dance studio - Belly dancing	Breathe Studio, Howick	R90	Alison Neil	829009546
	24	6-7pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
Tuesday	25	6-7am	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
	25	6.45am	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Wednesday	26	9-10am	Reko Market - Notties	Meander Square		Nikki Brighton	834733074
	26	8.30-10am	Yin Yoga with Yolande	House at 9, Howick	R90	Yolande Du Toit	727729766
		7:30 - 8:45am 9:00 - 10:15am	lyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	26	9am-12pm	Childrens Farm and Art workshop	Hilton	R200	Kery Peckham	783131213
	26	5.15-6.15pm	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
Thursday	27	1-2pm	Reko Market - Howick,	Main street common, Holmes lane		Nikki Brighton	834733074
	27	3.30-4.30pm	Reko Market - Hilton	Church of Ascension		Nikki Brighton	834733074
		4pm	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Thurs-Sun	27-30	11am-11am	Wild Weekend	Howick	R2800	Nikki Brighton	834733074
	27	12-3.30pm	Local food - walk	Howick	R290pp	Nikki Brighton	834733074
	27	8am-9am	Kundalini Yoga (drop in)	Breathe Studio, Howick	R100	Jacqui Meyer	833276698
	27	6-7.30pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
Friday	28	8am-9.15am	lyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	28	9a-11am	Edible winter weeds	Howick	R220	Nikki Brighton	834733074
Saturday	29		Advanced Yoga, Art of Living, Sound Journey	Beathe Studio, Howick		Kaz Wilson	720843555
	29	10am-1pm	Medicine Wheel Journey	House@9, Howick	R200	Bianca Peiters	834043582
	29	9-10.30am	Uncovering the rootcause of health issues	Optimum Health Centre	R100	Alistair	662698229
Sunday	30	9am-4.30pm	Family Constellation group session	House@9, Howick	R500	Bianca Peiters	834043582

WEEK 5

Day	Date	Time	Activity	Location	Cost	Person/Business	Contact
Monday	1	5.30pm-7pm	Yin Yoga with Yolande	House at 9, Howick	R90	Yolande Du Toit	727729766
	1	5.30-7pm	HBT Dance studio - Belly dancing	Breathe Studio, Howick	R90	Alison Neil	829009546
	1	6-7pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
Tuesday	2	6-7am	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
	2	6.45am	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
Wednesday	3	8.30-10am	Yin Yoga with Yolande	House at 9, Howick	R80	Yolande Du Toit	727729766
		7:30 - 8:45am 9:00 - 10:15am	lyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	3	9-10am	Reko Market - Nottingham Rd	Meander Square, Notties		Nikki Brighton	834733074
	3	5.15-6.15pm	Beginner yoga	House@9, Howick	R70	Gabriella Sansoni	713647983
Thursday	4	1-2pm	Reko Market - Howick,	Main street common, Holmes lane		Nikki Brighton	834733074
	4	3.30-4.30pm	Reko Market - Hilton	Church of Ascension		Nikki Brighton	834733074
	4	8am-9am	Kundalini Yoga (drop in)	Breathe Studio, Howick	R100	Jacqui Meyer	833276698
	4	9-11am	Dargle Forest Walk	Dargle	R50	Nikki Brighton	834733074
	4	4pm	Aerial Yoga	Nottingham Rd	R200	Sandra Hedges	785355426
	4	6-7.30pm	HBT Dance studio - Belly dancing	Athlone, Pmb	R130	Ange	828222755
Friday	5	8am-9.15am	lyengar Yoga with Mandy	Breathe Studio, Howick	R70	Mandy Crooks	845305281
	5	11am-1.30pm	Wild Forest Picnic	Kilgobbin Forest, Dargle	R340	Nikki Brighton	834733074
Fri-Sun	5th to 7th		A labyrinth of meaning retreat.	Antbear Eco-Lodge Drakensburg		Andrew	736126964
Saturday	6		Kaz nutritional workshop	House at 9, Howick		Kaz Wilson	720843555

WELLNESS FESTIVAL : OFFICIAL CLOSING EVENT & WELLNESS DAY

Sunday	7	7am-12.30pm	OFFICIAL WELLNESS FESTIVAL CLOSING EVENT @The Old Mushroom Farm, Karkloof. 7am Qi Gong with aview 7.45am 4km walk 9am Wellness demos Talk and closing	The Old Mushroom Farm	R50pp	Julia Amaral	761958722
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WELLNESS PRACTITIONERS - BOOK BY APPOINTMENT

Day	Offering:	Location	By Appt	Person/Business	Contact
Tues & Thurs	Therapeutic reflexology, sports massage, Shiatsu, Reiki, cupping, kinesiology	House @ 9, Howick		Sandra Hedges	785355426
Wed & Fri	Therapeutic reflexology, sports massage, Shiatsu, Reiki, cupping, kinesiology	Nottingham Rd		Sandra Hedges	785355426
	Coaching - Bumout	Colab, Howick		Jacqui Meyer	833276698
	Coaching, Crystal & Energy healing	House @ 9, Howick		Gabriella Sansoni	713647983
	90min private, restorative yoga session R250	House @ 9, Howick		Gabriella Sansoni	713647983
	Kinesiology, TRE	Howick		Debbie Raw	724763056
	Hypnosis	House @ 9, Howick		Yolande Du Toit	727729766
	Accupressure, massage and other therapies	Howick		Sabelo Xaba	787639132
	In Touch Kinesiology and Life Alignment	Hilton		Louise Graham	823777090
	Thermo-OZONE therapy and clinical Thermography	Hilton		Lynne Boyes	828286778
	Access Bars	Howick		Alison Neil	829009546
Tues - Thurs	BioEnergetic Body Scan Assessment / Consultation / Alignment & Protocols	Online		Kim Clark	827712416

Community Projects:

	Vital Living - Advocate	Programme of activities for individuals who have been through medical trauma	Midlands	Jessica & Lee	828020005
		Nurse, author, advocate for the hard of hearing	Howick	Nomaza Mei	736574637

Folks in the background, making this possible

Partners:	APP City Antbear Eco Lodge Midlands Meander TMI Business Solutions The Old Mushroom Farm Candice Wilkens Learning Through Nature Pure Pathways Core Health Medicine Walk Umngeni Tourism	www.appcity.co.za, anthea@appcity.co.za marketing@midlandsmeander.co.za	Website and competition Website and competition Closing event Business support Venue Content creation Admin support Branding, Design & Strategy Admin assistance General management & admin Marketing	Bun Andrew Julia Ima Sandy Chowles Candice Wilkins Jeanette Kim Clark Lisa Glaister Jessica Gird Victoria	747737777 736126964 761958722 836779513 798639606 788397611 791845011 827712416 728213707 828020005 798906386
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