



#### HEALTH SUMMIT

# Saturday 2 February 2019

## Yoga Sessions

Enjoy authentic yoga sessions offered by Delight Yoga and Akasha Holistic Wellbeing teachers to reconnect with yourself and find peace within. The perfect way to calm the mind, let go of stress and connect to the breath.

## Consultations (group)

Visit one of the group consultations that give you the opportunity to explore more about one of the topics you're interested in.

## Consultations (one-on-one)

Visit one of the one-on-one consultations that give you the opportunity to explore more about one of the topics you're interested in.

#### Talks

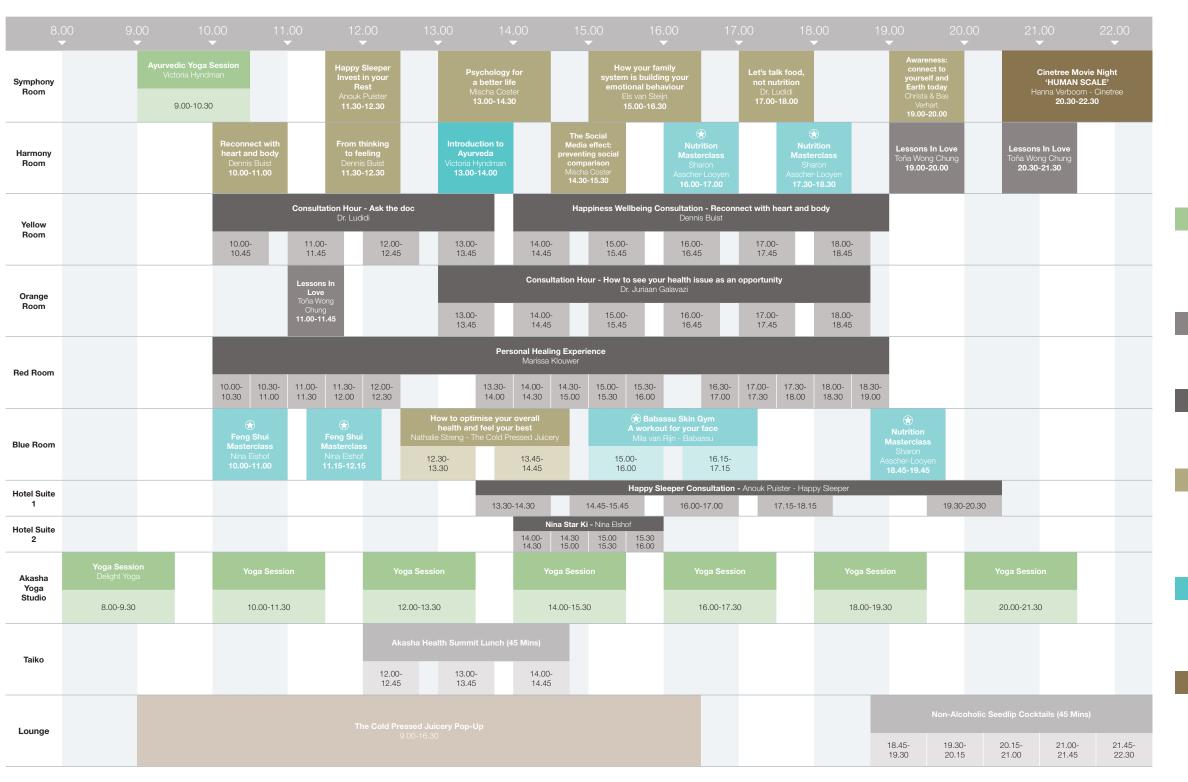
Hear from a mix of doctors and rising thinkers on how to optimize your well-being, from better sleeping results to changing your relationships to learning about the positive effects of movement on the brain functioning.

#### Workshops & Masterclasses \*\*

Join one of the interactive workshops run by pros with focus on your spirit, body or beauty where you'll get to experience and learn all the master tricks first hand.

#### Vlom-To-B∈

Dedicated sessions and consultations for the mom-to-be's to fully focus on you and your baby.





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# Sunday 3 February 2019

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## **Cinetree Movie Night**

Join the final session of the summit with a movie night by Cinetree, showing the documentary *The Human Scale* that questions if the city makes you happy or just lonely.