



The joy of movement

FRIDAY 29 MAY

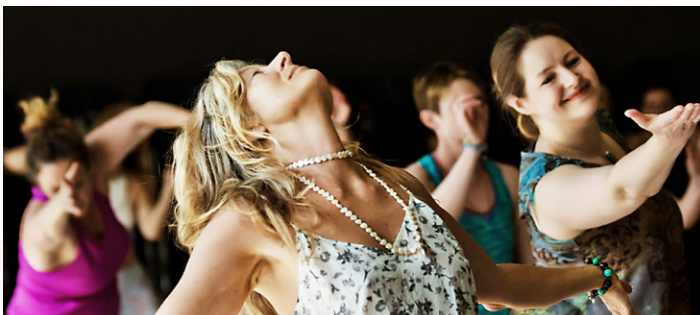
10:00	Opening Nia Activation (flashmob-style)
11:00	Nia Session (Demo-led)
11:30	Talk: How Variety of Movement Heals and Supports the Nervous System. A conversation with Somatic Educator & Nia Trainer Mia Steyn and Physiotherapist & Pain Management Specialist Lee Scott.
12:00	Nia Session
12:30	Yoga Session
13:00	Nia Session
13:30	Talk: Nourishing & Hydrating the Body with Somatic Educator Mia Steyn. How can movement be a superfood for the body?
14:00	Nia Session
14:30	Talk: Pollinators, Bees & Food Systems with Faatin Bux
15:00	Yoga Session
15:30	Sound Healing Session
16:00	Signature Nia Class
17:00	Yoga Session
17:30	Nia Integration / Reset

SATURDAY 30 MAY

10:00	Nia Morning Session
11:00	Nia Mindful Movement
11:30	Talk: Thrive in a Seated World: Reset Your Body in 5 Minutes with Somatic Educator Mia Steyn
12:00	Nia Session
12:30	Talk: Regulation, Resilience & Boundaries with Melissa van Hal
13:00	Nia Mindful Movement Session: Embodied Resilience
13:30	Nia Class
14:00	Talk: Homeopathy in Everyday Life with Ursula van Eck
14:30	Nia Session: Using Music and Movement as a Healing Remedy
15:00	Yoga Session
15:30	Talk: Emotional Regulation & EmotionAid with Karen Cohen
16:00	Signature Nia Class
17:00	Yoga Session
17:30	Nia Reset

SUNDAY 31 MAY

10:00	Nia Session
11:00	Talk: Move Smarter, Not Harder: Working with the Body's Design with Somatic Educator Mia Steyn
11:30	Nia Mindful Movement Session: Repattern, Align & Balance Your Body from the Inside Out
12:00	Talk: Listening to Your Body with Gretha Cronje, author of Lyflyster
12:30	Swimming Dragon Session with Hans Menck
13:00	Nia Session
13:30	Talk: Emotional Regulation & EmotionAid with Karen Cohen
14:00	Signature Nia Class
14:30	Swimming Dragon Session with Hans Menck
15:00	Closing Collective Experience



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* The programme may be subject to change without prior notice.