



Body and Mind Festival

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Come Celebrate with us

KZN - Sunday 24th March

at DLI Hall, Greyville

10 a m - 4 p m

WhatsApp 083 6771123

In the Courtyard Talks

10:30AM – Psychic Circle

11:30AM – Celeste Du Toit

12:30PM – Nic Tsiforos

13:30PM – Ashika Pillay

14.30PM – Earth Meditation

Entrance R50 pp



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Entertainment Inside the hall

10:00am Om Chanting - by Bhakti Marga S. Africa

11:00am Yogam Yoga Hatha Yoga - By Duncan Rice

11.40am Hula Hoop demo for 10 minutes

12:00pm Tai Chi & Kung Fu

by Chinese Martial Arts and Health Centre

13:00pm House of Dance

14:00pm Dance Direction International

14:30pm Hula Hoop demo for 10 minutes

15:00pm Yogam Yoga Hatha Yoga - By Duncan Rice

15:30pm Om Chanting - by Bhakti Marga S. Africa

LIVE SINGING throughout the day by Oscar Rorvik

Entrance R50 pp

ENTERTAINMENT IN THE HALL

LIVE MUSIC throughout the day by Oscar Rorvic.

A warm-voiced music man singing songs of guides and life-paths amongst others, Oscar has played Splashy Fen and White Mountain festivals and many local venues, and is sure to entertain you with his audience repartee and humour!

10:00AM: Om Chant Circle - by Bhakti Marga, South Africa

In our circle, we join voices for a 20-minute Om chant. Eyes closed, hearts open, we feel the vibrations connect us. With each Om, we dive deeper into peace and unity. Together, we create a sacred space where all is one.

11:00AM: Yogam Yoga presents Hatha Yoga - by Duncan Rice

Duncan Rice and his students from Yogam Yoga, present a captivating traditional Hatha yoga demo, showcasing the essence of this ancient practice. Traditional Hatha yoga holds immense significance as it not only focuses on physical postures but also emphasises breath control, meditation, and spiritual growth. Through Duncan's demonstration, you will witness the harmonious blend of movement, mindfulness, and inner peace that traditional Hatha yoga offers.

11:40AM: Hula Hooping Demo

Join us for an interactive hula hoop demonstration! Get ready to twist, twirl, and have some fun as our skilled demonstrators showcase the art of hula hooping. Whether you're a seasoned pro or just curious to try, everyone is welcome to participate and learn some new moves. Don't miss out on this lively and engaging activity that's sure to add some joy and energy to your day!

12:00PM: Tai Chi & Kung Fu - by Chinese Martial Arts & Health Centre

Students from the Chinese Martial Arts and Health Centre will showcase a demonstration featuring Tai Chi and Kung Fu. These students have been under the guidance of Si Fu Ian Galvin, a seasoned practitioner with over 30 years of training in traditional Chinese Martial Arts.

13:00PM: House of Dance

House of Dance is a performing arts company that offers classes in various styles in the Durban North area. Their aim is for dancers to grow in the arts and as individuals by giving them a platform to explore their creativity. The first item being presented is a Bollywood segment showcasing multiple genres.

14:00PM: Dance Direction International

Dance Direction International is a well – respected and long established Dance Studio formed by Des van der Spuy and Debby Tomlinson. There are branches in Durban, KwaZulu Natal, and London, UK. Our KZN branch is in Glenwood at the Jubilee Hall, Princess Alice Avenue.

At Dance Direction International, we strive to balance technique and performance in our learners. To obtain this we offer examination classes and open classes in disciplines of: Modern / Contemporary / Jazz / Theatre Dance, Tap, HipHop and Acrobatics.

14:30PM: Hula Hooping

15:00PM: Yogam Yoga presents Hatha Yoga - by Duncan Rice

15:30PM: Om Chant Circle

16:00PM: Closing of the Show

TALKS IN THE COURTYARD

10:30am Psychic Circle – Priscilla Gendron and Stephan

Join our Psychics for a group chat for 45 minutes session.

You will have a chance to hear all readers.

Afterwards you can book a private session with the psychic of your choice.

Psychic Circle is an extra R50 - Book your spot at the door.

11:30am Celeste Du Toit - Live your TRUTH through SOUL Embodiment:

Using the natural elements, your body, and the power of constellation work to find healing, movement, power and perspective in our daily lives

In her grounded, authentic, yet vibrant and flowing manner, Celeste will be offering a window of insight, tools, and practices to help identify and shift the myriad of limiting patterns that may be holding us back. She will be drawing on her work with archetypes, family and systems constellations, and bodywork to help you find movement towards your highest potential.

12:30PM - Nic Tsiforos

I to YOU is a transition to bring a different perspective of the life that we are currently living.

Join me to explore some of the ways we can tap into your authentic potential.

13:30PM - Ashika Pillay - Breathe Well heal well

Learn how to heal your past, empower your present & transform your future through a specialized exercise program & breathing technique.

Ashika Pillay is a healer coach registered with the World Institute for Incurable Diseases

Her goal is to empower humanity by transforming their lives through the use of divine tools and balancing love, power n creative intelligence.

14.30PM – Earth Meditation

Let's use our connection with each other and with planet Earth to create a positive change. When we give our attention to the planet Earth, she helps us to awake the most natural state of humility, gratitude and love towards her. By allowing this experience, we deepen our connection to our planet Earth. When we nurture our relationship with Mother Earth, we are ultimately healing ourselves and supporting all humanity.