

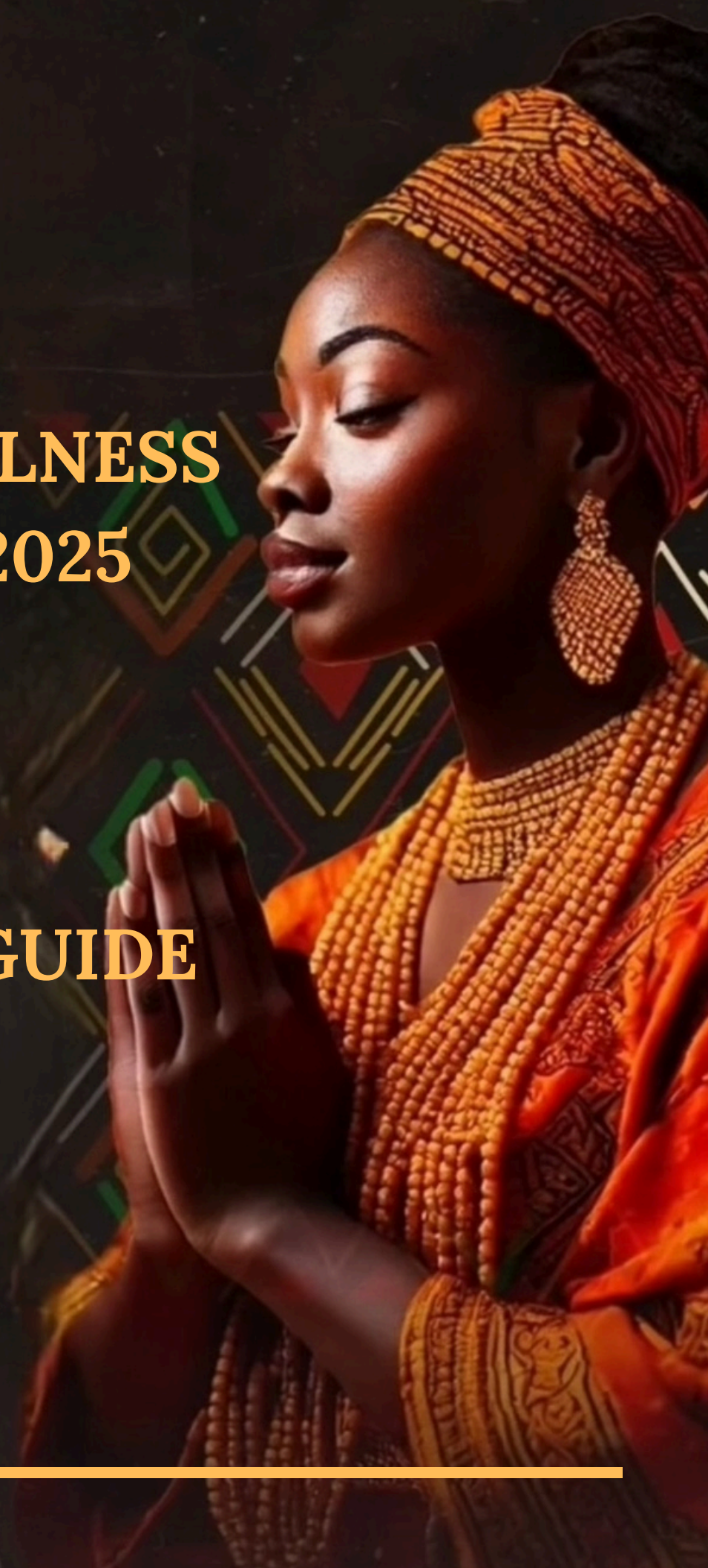


AFRICA WELLNESS INITIATIVE

AFRICA WELLNESS SUMMIT 2025



PROGRAM GUIDE





AFRICA WELLNESS INITIATIVE

AFRICA WELLNESS SUMMIT PROGRAM 2025

DAY 1- "RECLAIMING & REMEMBERING"

11th October - Powered By Zoom

(CAT - Central Africa Time)

12:45 PM – 1:00 PM: Official Summit Inauguration & Welcome Keynote
Susie Ellis - Chair & CEO, Global Wellness Institute

1:00PM – 1:05 PM | OPENING SUMMIT INVOCATION | Simi ZuluMonk Majola

1:10 PM – 1:35 PM: Keynote Address | The Cradle of Wellness Re-Membered
Dr. Bayo Akomolafe

1:40 PM – 3:10 PM | PANEL | Council Of The Elders

Guiding Africa's Wellness Legacy into the future through Ancestral Wisdom

Baba Mandaza, Mkhulu Lebohang Sello, Mama Thozi, Dalian Adofo ,
Verona Spence-Adofo & Michelle Saudan

3:20 PM – 3:50 PM | GUIDED IMMERSION | From Wounds to Wisdom - The Power of
Ancestral Connection & Healing
Litha Booï

3:55 PM - 4:05 PM | Screening | Medicinal Wisdom from the SAN COMMUNITY

4:05 PM – 4:45 PM | PANEL | Indigenous Medicinal Plants of Africa
Professor David Katerere, Professor John Igoli, Dr. Kofi Donkor & Denzil Phillips

4:50 PM – 5:15 PM | Raw, Pure and African - A Wellness Brand with Purpose
A Fireside chat with Violet Awo Amoabeng & Mariane Akwenye

5:20 PM – 5:55 PM | PANEL | Retreats Leadership In Africa - Heritage, Impact and
Innovation
Litha Booï, Fikile Moeti, Thierry Nyfeler & Elaine Okeke Martin

6:00 PM – 6:50 PM | Sacred Keynote Medicine Poem. A Remembrance Song:
African Healing for the Diaspora
Dr. Jaiya John

6:55 PM – 7:10 PM | Closing Remarks from the AWI Team
Mariane Akwenye & Michelle Saudan

7:10 PM - 7:30 PM OPTIONAL VIRTUAL BREAKOUT ROOM - NETWORKING ZONES



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DAY 2- “AFRICA RISING - THE FUTURE”

12th October - Powered By Zoom

(CAT - Central Africa Time)

12:45 PM – 1:00 PM: Welcome Message from the Chairs of the AWI:
Mariane Akwenye & Michelle Saudan

1:00 PM – 1:25 PM: | GUIDED IMMERSION | Pan-African Sonic Healing:
Immersion will include voice, traditional instrumentation & guided resonance.
Azah Mphago

1:30 PM – 2:00 PM | Reviving our Heritage : Healing through our Plate
Dr. Aris Latham

2:05 PM – 2:30 PM | Longevity in Sport: What African Heritage can teach us
Dr. Ricardo Catumbela

2:35 PM – 3:00 PM | From Ancestral Mindfulness : To Urban Resilience
Brian Westpoint

3:05 PM – 3:50 PM | PANEL | Training : Global Standards, African Excellence
Winnie Taylor, Waleed Nafee, Xoliswa Vumazonke, Lilian Arigbodi & Steve Andrews

3:50 PM - 4:00 PM | Screening | Wisdom of the Hands of Somatology

4:00 PM – 4:25 PM | NADclinic - From South Africa to the World!
Iain De Havilland

4:30 PM – 5:05 PM | PANEL | African Design & Architecture in Wellness Spaces
Tereraishe Maunganidze , Samaita , Stuart Culverwell & Susanne Fisch

5:10 PM – 5:45 PM | PANEL | IS AFRICA READY?
Corey Beckwith, Sharon Barcock & Kent Richards

5:50 PM – 6:15 PM | The Business of Balance. Building Brands, Spaces and
Festivals that Heal.
A Fireside chat with Valerie Obaze & Jasmine Monaco

6:20 PM – 6:50 PM | CLOSING KEYNOTE | Building a Premium African Brand
Through Storytelling - **David Coleman**

6:50PM – 7:00 PM | CLOSING SUMMIT INVOCATION | Josephine Njenga

6:55 PM – 7:10 PM | Closing Reflection & Farewell from the AWI Team

7:10 PM - 7:30 PM OPTIONAL VIRTUAL BREAKOUT ROOM - NETWORKING ZONES



We are honored to present a line-up of esteemed Elders, Healers, Researchers, Cultural Custodians and advocates .

All speaker profiles are listed here on our:
[Official Instagram page](#): @africawellnessinitiative

SUMMIT ETIQUETTE



Zoom Etiquette

- Please keep your microphone muted unless invited to speak.
- Feel free to keep your camera on if you're comfortable — it helps create connection.
- Use the “Raise Hand” function or the chat box to ask questions.

Engagement

- The chat is open for respectful reflections, questions, and sharing resources.
- Please refrain from posting unrelated content or promotional material.

Respect & Safe Space

- We are building a space of collective healing and learning. We kindly ask that you respect the diverse perspectives that will be shared.

Technical Support

- If you face any technical difficulties, reach out to our support team using the chat.

Recording & Media

- Only speakers and panels will be recorded for documentation and learning purposes. Participants will not be recorded.

Thank You!