



Mind Matters Summit™ 2026

Mental Mastery Week
20 - 27 October - Cape Town

**A new era of
Mental Wellbeing
has arrived**

**We call it Mental Mastery
and it's happening in
Cape Town this October**

Mental Mastery Week is immersive mental fitness training across Cape Town, built as the essential lead-up to

Mind Matters Summit 2026.

Mornings are dedicated to workshops that introduce the mental mastery concepts and practices at the core of the summit, a mix of free community sessions and ticketed immersive experiences.

Breathwork - Cold Plunges - Sauna - Gut biome workshop



+Free evening meditation sessions with - **David Hans Barker** (Mind Matters Speaker)

Every afternoon from 2:00pm to 10:00pm, David Hans-Barker, keynote speaker at the Mind Matters Summit and founder of Yogilab, leads FREE Vipassana meditation at Parkview Event Space in Woodstock.

Open to all, no prior experience needed.



THE PROGRAMME

8 Days. Cape Town.

Every session is chosen for its measurable neurological impact.

This is a training programme, not a wellness retreat. Participants arrive at the Summit on 29 October already prepared for transformation.

9 CONFIRMED FACILITATORS

David Hans-Barker · Kanchana Moodliar · Zuraïda Jardine
Rhys Thomas · Nacher · Kamini Pather
Michelle Aldana · Justin King · Christophe Fauconnier and Nicola Tyler

Partners



mindmatters-summit.com · Unslave your Mind™



LAUNCH

MIXED

Tue 20 Oct

Official programme kickoff with Kanchana Moodliar and Zuraïda Jardine at Parkview

PLUNGE

TICKETED

Thu 22 Oct

Breathwork + sauna + ice plunge at Sauna Haus, Sea Point

STILL

TICKETED

Fri 23 Oct

Mindset masterclass: Tempest in a Teacup with Kamini Pather at Parkview

FORGE

TICKETED

Mon 26 Oct

Mental fortitude challenge with Justin King at Constantia Nek

BREATHE

MIXED

Wed 21 Oct

Full morning breathwork reset with Rhys Thomas at Parkview

NOURISH

TICKETED

Fri 23 Oct

Gut biome immersive at Nacher Offices, Woodstock

MOVE

TICKETED

Sat 24 Oct

Neuroscience of movement workshop with Michelle Aldana

ASCEND

MIXED

Tue 27 Oct

Closing session with Christophe Fauconnier and Nicola Taylor at Parkview

DATE	SESSION	FACILITATOR	VENUE	TIME	SUMMIT TICKET	PUBLIC
Every day 15 - 27 Oct	FREE Vipassana (Afternoons)	David Hans-Barker Yogi Lab	Parkview Event Space Woodstock	14h00 - 22h00	FREE	FREE
Tue 20 Oct	The Official Opening	Kanchana Moodliar & Zuraida Jardine	Parkview	10h00 - 11h30	Free	R250
Wed 21 Oct	Breathwork: The Reset	Rhys Thomas	Parkview	8h30 - 9h30 10h00 - 11h00	Free	R250
Thu 22 Oct	Heat & Ice: Breathwork at Sauna Haus	Rhys Thomas	Sauna Haus Sea Point	08h30 - 9h30	R150	R300
Fri 23 Oct	Tempest in a Teacup	Kamini Pather	Parkview	10h00 - 11h30	R475	R950
Fri 23 Oct	Gut-Brain Connection	Nacher	Nacher Offices Woodstock	11h00 - 14h00	R750	R1,500
Sat 24 Oct	Move Your Mind: Neuroscience of Movement	Michelle Aldana	Parkview	10h00 - 11h30	R350	R700
Mon 26 Oct	The Misogi Lab	Justin King	Constantia Nek	07h00 - 11h30	R750	R1,500
Tue 27 Oct	Sense. Shape. Move what comes next. (The Closing)	Christophe Fauconnier & Nicola Tyler	Parkview	09h00 - 11h30	R750	R1500

FEATURED EXPERIENCE

The Official Opening.

*Confidence and focus are not fixed traits.
They are trainable skills.*

Kanchana Moodliar, founder of the Mind Matters Summit, officially opens Mental Mastery Week and introduces David Hans-Barker, whose free daily Vipassana sittings anchor the week. Zuraida Jardine then takes the room into the opening session on mental fitness: what it is, why it can be trained like physical fitness, and how her Brave Framework turns that training into daily practice.

THE FORMAT

90 minutes · Up to 100 participants
Tue 20 Oct, 10h00 to 11h30
Parkview Event Space, Woodstock

MIXED

MEDIA INVITED

Free for Summit ticket holders · R250 public

One room. Ninety minutes. Five movements.

1

The opening

Kanchana Moodliar, founder of the Mind Matters Summit, officially opens Mental Mastery Week: why this movement exists, and why it begins here.

2

The anchor

Kanchana introduces David Hans-Barker, whose free daily Vipassana sittings anchor the entire week.

3

Mental fitness, defined

Zuraida takes the room into the opening session: what mental fitness is, and why it can be trained like physical fitness.

4

The Brave Framework

How Zuraida's Brave Framework turns that training into daily practice, with tools for the moment stress hits.

5

The week ahead

Snippets of what attendees can expect from every workshop in the week ahead: a complete picture of the movement in one room.



Zuraida Jardine is a researcher, speaker, and broadcaster with 30 years in the industry. She is currently pursuing a PhD in Mental Fitness. Her Mental Fitness Methods blend neuroscience with mindfulness-based interventions to support high performance and regulate emotions.

Unslave Your Mind™

What participants leave with:



Mental fitness, defined

A clear understanding of what mental fitness is, and why it can be trained like physical fitness.



The Brave Framework

Zuraida's framework for turning mental training into a daily practice.



Tools for the moment stress hits

Neuroscience made practical: techniques usable the same day, not someday.



The whole picture

Why the movement exists, why it begins here, and where the week goes next.



A preview of every workshop

Snippets of what to expect from each session across Mental Mastery Week.



The anchor practice

An introduction to David Hans-Barker and the free daily Vipassana sittings.

One room, ninety minutes, and a complete picture of the movement. The single best session for media to attend, and media are specifically invited.

FEATURED EXPERIENCE

Power of the Breath.

*Out of the head. Into the body.
Back to the heart.*

A morning with Rhys Thomas. He shares his own inspirational story, including addiction and health issues, and how the power of breath carried him through it. Then the room stops listening and starts breathing: a full Conscious Connected Breathwork session that gives every participant a deep nervous system reset.

THE FORMAT

1 hour · Up to 100 participants
Wed 21 Oct, 8h30 to 9h30 OR 10h00 to 11h00
Parkview Event Space, Woodstock

MIXED

Free for Summit ticket holders · R250 public

One practice. Five movements.

1

The arrival

A welcome, safety briefing and an introduction to Conscious Connected Breathwork and what to expect in the body.

2

The story

Rhys shares his own difficult backstory, including addiction, and how the power of breathwork carried him through it.

3

The science

Breath science and nervous-system education: what actually changes when the breathing changes.

4

The breath

The room stops listening and starts breathing. A full Conscious Connected Breathwork session for every participant.

5

The reset

Grounding and integration, and a visceral first-person answer to the question the whole week asks: what changes when you train the mind through the body?

Rhys Thomas

Breathwork Practitioner

Former international rugby player turned transformational breathwork practitioner. Rhys lived for years with a mechanical heart before receiving a heart transplant, and now combines that lived experience with 800+ hours of breathwork training, breath science and trauma-informed practice.

Unslave Your Mind™

What participants leave with:



A nervous system reset

A full Conscious Connected Breathwork session, felt in the body rather than explained from the stage.



Evidence from their own body

First-person proof that changing the breath changes the state of the mind.



A practice they can keep

Breathing techniques to regulate stress and state, usable from the same afternoon.



The story behind the practice

Rhys's own account of addiction, recovery and the breath that carried him through.



Head to body to heart

An invitation to come out of the head, into the body and reconnect with the heart.



The week's question, answered

A visceral first answer to: what changes when you train the mind through the body?

One hour, one practice, and a visceral first-person answer to the question the whole week asks: what changes when you train the mind through the body?

FEATURED EXPERIENCE

Heat & Ice. Breathwork at SaunaHaüs.

*Wednesday was the theory.
This is where the body learns it.*

An extension of Rhys Thomas's Power of the Breath workshop. Rhys, co-founder of SaunaHaüs, leads a guided contrast ritual on the Sea Point Promenade: sauna rounds and cold plunges, with the breath doing the work. Attendees put Wednesday's practice to the test under real heat and real cold.

THE FORMAT

60 minutes · 35 places

Thu 22 Oct, 08h30 to 9h30

SaunaHaüs, Prom Park, Sea Point Promenade

Swimwear and towel required

TICKETED

PARTNER VENUE

One ritual. Five movements.

1

The arrival

Prom Park on the Sea Point Promenade. Shower, swimwear, towel, and a short briefing on the ritual and how the breath leads it.

2

The breath

Rhys brings the Conscious Connected Breathwork from Wednesday into the heat: the tools that carry you through discomfort.

3

The heat

Guided sauna rounds at 75 to 95 degrees, led with breathwork, curated music, essential oils and rhythmic fanning.

4

The ice

Cold plunge intervals at 6 to 10 degrees between rounds. The moment the theory becomes practice.

5

The reset

Grounding and community energy on the promenade, and a nervous system that has been trained rather than told.

R150 for Summit ticket holders (50% off R300)

PARTNER VENUE



*Step into Ritual.
Resilience, recovery and release.*

Cape Town's first dedicated guided sauna and cold plunge club, co-founded by breathwork practitioner Rhys Thomas. Scandinavian-inspired hot and cold rituals combined with breathwork and sound therapy, on the Sea Point Promenade, built to calm the nervous system and leave you refreshed and reset.

THE SIGNATURE RITUAL

Three guided sauna rounds at 75 to 95 degrees
Cold plunges at 6 to 10 degrees between rounds
Breathwork, curated music, oils and rhythmic fanning

saunahaus.co.za · Founder: Rhys Thomas

What participants leave with:



Theory into practice

Wednesday's breathwork applied under real heat and real cold, with Rhys in the room.



Contrast therapy, felt

Guided sauna rounds and cold plunges, with the breath leading every transition.



A trained nervous system

Resilience, recovery and release: a reset the body remembers and can repeat.



Tools for discomfort

Breath techniques for staying calm when everything in the body wants to leave.



Community energy

A shared ritual with 35 people on the Sea Point Promenade, not a solo cold shower.



A ritual to keep

A SaunaHaus pass for Mental Mastery Week attendees, so the practice outlasts the week.

The breathwork workshop was the theory. Heat and ice are where the body learns it, and where Mental Mastery Week turns from something you heard into something you did.

FEATURED EXPERIENCE

The Gut-Brain Connection.

Lunch and Learn at Nacher. Where the research and the taste sit at the same table.

Hosted by a gut scientist, this Nacher session explores the gut-brain axis: how the ecosystem in your gut quietly shapes your thoughts, moods and energy. The science unfolds into a gut-friendly lunch grown from the same principles, and every guest leaves with a Nacher goodie bag to take the ritual home.

THE FORMAT

3 hours · 35 seats

Fri 23 Oct, 11h00 to 14h00

Nacher Room, Old Biscuit Mill, 5th Floor

TICKETED

BRAND SPONSOR

R750 for Summit ticket holders (50% off R1,500)

One table. Five movements.

1

The welcome

Arrival at the Nacher Room, 5th floor of the Old Biscuit Mill, Woodstock, with a botanical, alcohol-free welcome drink from the Nacher bar.

2

The science

A gut scientist unpacks the gut-brain axis: how the ecosystem in your gut quietly shapes your thoughts, moods and energy.

3

The lunch

The science unfolds into a gut-friendly lunch grown from the same principles, eaten at the same table as the research.

4

The conversation

An intimate table of 35 with direct access to the scientist: questions, personal patterns and what to change first.

5

The ritual to take home

Every guest leaves with a Nacher goodie bag to carry the practice into daily life.

BRAND SPONSOR



*Reset the body. Restore clarity.
Sustain performance.*

Nacher delivers science-backed wellness experiences across South Africa: Performance Reset Days for leadership teams, a premium alcohol-free Botanical Bar of plant-based tonics for energy, calm and focus, and workshops, from their space at the Old Biscuit Mill in Woodstock, Cape Town.

THE NACHER METHOD

Nervous system regulation · Gut-brain nutrition
Fascia release · Breathwork · Daily integration

nacher.co.za · @nacher_sa

What participants leave with:



The gut-brain axis, explained

How the ecosystem in your gut quietly shapes thoughts, moods and energy, from a gut scientist.



A gut-friendly lunch

A meal grown from the same principles as the science, eaten at the same table.



A Nacher goodie bag

The ritual to take home and repeat, long after the session ends.



Fuel for performance

Gut-brain nutrition as a pillar of sustained clarity and energy, not a diet.



An intimate room

Thirty-five seats, one table, and direct access to the scientist.



Alcohol-free, by design

A taste of Nacher's botanical bar: plant-based tonics for energy, calm and focus.

An intimate, elevated session where the research and the taste sit at the same table.

FEATURED EXPERIENCE

Tempest in a Teacup.

For women carrying the invisible load.

An embodied, practical workshop for women who are outwardly capable and composed while internally holding pressure, overwhelm, perfectionism and the labour of keeping everything together. Kamini Pather guides the room from grounding into a gentle Yin Yoga practice, then into CBT-informed tools: mapping the storm beneath a real moment of stress, putting a familiar harsh thought on trial, and choosing one aligned action.

THE FORMAT

90 minutes · Capacity to be confirmed
Friday 23 Oct, 10h00 to 11h30
Parkview Event Space, Woodstock
Yin Yoga · CBT-informed tools · the Tempest Protocol

TICKETED

SPECIALS

R475 for Summit ticket holders (50% off R950) · R950 public

One room. Five movements.

1

Grounding

Kamini guides the room out of the pace of the day and into the body: a slower, intentional space to begin.

2

Yin Yoga

A gentle Yin Yoga practice to settle the nervous system before the thinking work begins.

3

The storm beneath

CBT-informed tools: mapping the storm beneath a real moment of stress, from trigger to thought to feeling to response.

4

The thought on trial

Putting a familiar harsh thought on trial, and choosing one aligned action to test it in real life.

5

The Tempest Protocol

Every participant leaves with a repeatable five-step framework: notice the signal, name the story, meet the feeling, regulate before reacting, choose the next aligned step.

Kamini Pather

Macro-Biome Mastery

MasterChef South Africa winner, food writer and SAFTA-winning host of Girl Eat World. Kamini owns the gut-brain conversation for the Mind Matters movement.

Unslave Your Mind™

What participants leave with:



The Tempest Protocol

Notice the signal, name the story, meet the feeling, regulate before reacting, choose the next aligned step.



A storm map of their own

The storm beneath a real moment of stress, mapped from trigger to thought to feeling to response.



A harsh thought, on trial

CBT-informed tools for testing a familiar story instead of obeying it.



One aligned action

A small, self-respecting next step, chosen in the room and tested in real life.



A settled nervous system

Grounding and gentle Yin Yoga as the base for clearer thinking under pressure.



Signals caught sooner

Not to be quieter, but to notice the pressure earlier and respond with clarity and agency.

Outwardly capable and composed, internally holding pressure, overwhelm, perfectionism and the labour of keeping everything together. This session is for her.

FEATURED EXPERIENCE

Move Your Mind.

*The neuroscience of movement.
How moving the body changes the brain.*

Michelle Aldana takes the room inside the neuroscience of movement: how the brain integrates balance, proprioception, interoception, breath, sensory information, attention and motor learning, and how movement as accessible as walking shapes mood, cognition, creativity and stress. This is not a lecture. Participants feel the concepts through walking meditation, balance work, breath and a short yoga practice.

THE FORMAT

90 minutes · Up to 100 participants
Sat 24 Oct, 10h00 to 11h30
Venue: Parkview

TICKETED

R350 for Summit ticket holders (50% off R700) · R700 public

One body. Five movements.

1

The brain in motion

Michelle opens with how the brain integrates balance, proprioception, interoception, breath, sensory information, attention and motor learning.

2

The walk

A simple walking meditation: feeling how movement as accessible as walking shifts mood, attention and creativity.

3

The balance

Balance work that puts proprioception and interoception into the body, not the notes.

4

The breath and the practice

Breath and a short yoga practice, bridging the neuroscience with movement people can carry home.

5

The everyday

Practical movement tools participants can use in everyday life to support regulation, focus and mood.

Michelle Aldana

Move Your Mind

Michelle Aldana is a Cape Town-based yoga teacher, wellbeing facilitator and founder of Love & Work, with 15 years of teaching experience. Her academic background spans science and the humanities, from a BS in Biology to a Master's degree in European Literature. Trained in Hatha, Vinyasa, Yin and Ashtanga yoga, her work explores the intersection of movement, nervous-system regulation and brain health, translating these concepts into embodied experiences, as reflected in her Move Your Mind workshop.

Unslave Your Mind™

What participants leave with:



How movement engages and adapts the brain

Balance, proprioception, interoception, breath, attention and motor learning, explained and felt.



A walking meditation

The most accessible movement there is, used deliberately to shift mood and attention.



Balance as brain training

Simple balance work that challenges attention and develops body awareness.



Breath and a short practice

A brief yoga sequence that lands the science in the body.



Mood, cognition, creativity

A first-hand exploration of how movement can influence stress, attention and cognition.



Practices for everyday life

Tools that carry the neuroscience straight into the day ahead.

This is not a lecture. Participants feel the concepts in their own bodies and leave with practices that carry the science directly into everyday life.

FEATURED EXPERIENCE

The Misogi Lab.

*Test your edge. Discover your patterns.
Design your Misogi for 2027.*

A premium half-day experience with Justin King: physical challenge, personal reflection and practical life design in one guided morning. Participants test an edge, watch how they respond to difficulty, and leave with a meaningful Misogi designed for 2027.

THE FORMAT

4.5 hours · 15 to 30 participants
07h00 to 11h30
Constantia Nek

TICKETED

One guided journey. Five stages.

1

The threshold

A welcome, safety briefing and introduction to Misogi, Smart Toughness and personal intention.

2

The physical experience

A guided mountain or forest movement experience with moments of effort, silence, uncertainty, support and choice.

3

The debrief

Facilitated reflection on internal dialogue, behaviour under pressure and the patterns that appeared.

4

The 2027 Misogi Map

A practical process to define a personally meaningful challenge and the capability it could build.

5

Commitment and close

A specific first action, connection with the group and pathways for continued preparation.



Justin King
Mind Matters in Motion

Cape Town executive coach, keynote speaker and podcaster. Justin builds Smart Toughness through voluntary physical challenge, turning his own marathon and misogi work into evidence his clients can lean on when things get hard.

Unslave Your Mind™

What participants leave with:



Misogi, made practical

A working understanding of Misogi and Smart Toughness.



Evidence, not theory

New proof of their own capability and behaviour under pressure.



A pattern surfaced

Insight that carries into work, leadership, relationships and wellbeing.



A draft 2027 Misogi

A personally meaningful challenge, tested against clear criteria.



One action in seven days

A specific first move, committed to before the group.



A participant workbook

Their reflections and Misogi Map, captured to take home.

Participants arrive at the Summit having already met the central question in their own bodies: how do I respond when life asks more of me?

Sense. Shape. Move what comes next.

*Make human agency your growth advantage.
A guided experience drawing on The Human Growth Code.*

Mental Mastery Week closes two days before the Summit. In this final hour, Christophe Fauconnier and Nicola Tyler help participants turn what they have experienced into a more purposeful way of moving forward. We are always becoming – and becoming brings human tension. We grow not by escaping those tensions, but by becoming more able to navigate them with human agency. Drawing on The Human Growth Code, participants use the four Rs – Relevance, Resourcefulness, Relationships and Resilience to explore a real tension, clarify what matters, discover where they have room to act, and shape a next move of their own.

THE FORMAT

150 minutes · 50 pax

Tue 27 Oct, 09h00 to 11h30

Parkview Event Space, Woodstock

Two days before the Summit opens at the CTICC

MIXED

SUMMIT PRIMER

R750 for Summit ticket holders · R1500 public

Mind Matters 2025 Speaker Returns to Mental Mastery Week: The Four R's Framework in Motion



1

Relevance

What was trained, and why it matters: connecting eight days of practice to the growth choices each participant actually faces.

2

Resourcefulness

What was learned: the tools now in hand, from the breath to the Tempest Protocol, and how to keep them working under pressure.

3

Relationships

The room that trained together: turning a week of shared discomfort into a community that walks into the Summit as one.

4

Resilience

The capacity built over eight days, named and claimed, so it holds when the pace of ordinary life returns.

5

Into the Summit

What to carry into 29 October: a primed mind, one clear intention, and a personal growth code for the year ahead.

Christophe Fauconnier & Nicola Taylor.

Christophe Fauconnier

Our 2025 Mind Matters Guest Speaker returns. Founder and Chief Business Humanizer at Innate Motion, the people-centred growth consultancy behind twenty years of humanising business. Co-author of The Human Growth Code with Dr Andreea Vanacker: 40 years of positive psychology and emerging neuroscience, made actionable.

Nicola Tyler

Founder and CEO of The Thinking Company, a global authority on strategic and lateral thinking with over 25 years' experience transforming leaders and organisations. Edward de Bono's protégé and Master Trainer, she has trained thousands of executives across more than 15 countries. Nicola helps leaders think differently, unlock creativity and make better decisions.

What participants leave with:



A tension worth understanding

A real-life challenge made clearer: what is changing, what matters, and what feels unresolved.



A clearer sense of your room to act

What you can influence, what requires support or shared action, and what is not yours to control.



A possibility you can shape

A more purposeful way forward that honours what matters without demanding certainty.



People and resources to draw on

Relationships, strengths, practices and conditions that can help make movement possible.



A personal Human Growth Code

A one-page map using the four Rs to navigate the tension and define what you are learning to become able to do.



A next move to practice

One experiment, conversation, boundary or choice to try – and a question to carry forward.

Mental Mastery Week closes two days before the Summit opens. This is the hour that turns eight days of training into a way of walking in.

