

THE FUTURE OF WELLNESS

ELEVATE MORNING

10:25 AM

Mind Over Matter: Biohacking Stress and Rewiring Your Nervous System

Poppy Delbridge, Sam Greene, Maude Hirst, Anna Lancaster, Nadia Alibhai

11:00 AM

The Future of Women's Health: Hormones, Preventative Insights, and new data.

Dr Lafina Diamandis, Reshma Patel, Dr Cristina Hickman, Emilie Lavinia

11:50 AM

The Biohacker's Diet: Unlocking the Gut-Hormone-Energy Axis

Kate Living, Mark Dini, Tina Lond-Caulk, Grace Fodor

12:40 PM

The Reinvention Generation: 3 Step Path to Wellness and Longevity

Rosie Nixon

1:20 PM

Wellness in the Age of AI: Personalised Health, Data and the Future of Prevention

Terry Seal, Mark Dini, Méline Liu, Coral Golding

THE FUTURE OF WELLNESS

ELEVATE

AFTERNOON

2:30 PM

Skin Longevity: The Science of Ageing Well, Inside and Out

Jennifer Hanway, Libi Roos, Grace Fodor, Rafael Trindade de Oliveira

3:20 PM

Beyond the Bar: Functional Drinks, Supplements and the New Rituals of Social Wellness

Mike Mudie, Laura Comfort, Kate Charter, Dean Howell

4:10 PM

Strength, Recovery and Healthspan: Building a Body That Lasts

Ria Gandhi, Paola Di Lanzo, Maila Reeves, Cassandra Clavien

5:10 PM

The Cognitive Advantage: Rewiring Your Brain for Clarity, Focus and Resilience

Em Austen, Angela Foster, Manjit Sareen, Ellie Turner

TALK STAGE

10:00 -
10:30 AM

Rewire your Mind and Rewrite your Story

Emmy Brunner

11:00 -
11:45 AM

The Emotional Future of Food

Jitesh Banwari, Simone Hundle-Scheuer, Amani Kaite

12:30 -
1:00 PM

Rapid Tapping

Tahira Herold, Sama Trinder

1:20 -
2:00 PM

Holistic Beauty and Wellness: Integrating Aesthetics, Nutrition, and Skincare for Lasting Longevity

Donna Bartoli, Dr Shaimaa Jamshidi, Lizzie King

2:15 -
2:45 PM

From Biohacking to Bioharmony: The missing piece in the Longevity Revolution

Jenya Di Pierro, Fflur Roberts, Mark Givert

3:00 -
3:45 PM

Creative Energy: Using Design, Ritual and Self-Expression as Wellness Tools

Sadie Clayton

4:00
-4:20 PM

The Performance Gap: Why Pushing Harder stops Working in Midlife - and What to Do Instead

Angela Foster

4:30
-5:15PM

The Wellbeing-Wealth Connection: Your Inner State Determines your Outer Results

Yerco Sanchez from Illuminae

THE POWER OF WELLNESS
ELEVATE

CLASSES

10:10 - 10:30 AM

ENERGY INTELLIGENCE

LED BY MAILA REEVES

BIO ATELIER

11:00 - 11:40 AM

GROUNDING BREATH | SOMATIC MOVEMENT | SOUND

LED BY SAMA TRINDER

ANCIENT
+ BRAVE

bhu+ti

12:00 - 12:30 PM

COME HOME: THE ONE PRACTICE THAT MAKES EVERY OTHER PRACTICE WORK

LED BY DINA KARIM

 DINA KARIM
BEYOND WELLNESS

MAULI
RITUALS

12:45 - 1:15 PM

BREATHE LOVE: ENERGY HEALING, BREATH & SOUND

LED BY JASMIN HARSONO

EMERALD + TIGER

de Mamiel



INNER VISION
MELTING PERCEPTIONS



THE POWER OF WELLNESS

ELEVATE

CLASSES

2:00 - 2:55 PM

LIVE LONG, MOVE STRONG PILATES

LED BY PAOLA DI LANZO



NIP+FAB

3:30 - 4:15 PM

SCULPT SUMMER BODY

LED BY KAMILLA AT VOLT 50



5:15 - 6:00 PM

EMPOWHER: WOMEN'S STRENGTH FOUNDATIONS

LED BY RIA GANDHI



INNER VISION
MELTING PERCEPTIONS