

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.