

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
10% early bird discount · R1,700 for a double ticket

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.