

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.