

MASTERCLASS - SCHEDULE

FRIDAY, 2 AUGUST

10:00	Taming the Tiger (Elsa Struwig Centre)	Dicipline & Boundaries: Being a parent is hard. What are the most effective ways to set healthy boundaries for children.
11:00	Good Night	The Building Blocks of Sleep: Environment; sleep association; day time sleep; bedtime routine; and nutrition.
12:00	Hennie (Practica)	Brain Boosters: Listen to recordings made from within the womb & learn how to build your baby's brain after birth.
13:00	Skin Rejuvenation Technologies	New Products to nurture your body: Women's skin go through a lot of changes as we age and especially during pregnancy, such as: sensitivity; cellulite; sun damage; stretchmarks & scarring.
14:00	Minki van der Westhuizen	South African model & TV Personality: Also a mother of three beautiful girls. Be sure not to miss her masterclass.
15:00	Cryo-Save South Africa	Umbilical Cord Blood & Tissue Stem Cell Banking: Educational session on the importance of banking your baby's stem cells and the life-saving possibilities stem cells can provide to your family.

SATURDAY, 3 AUGUST

10:00	Taming the Tiger (Charmaine vd Spuy)	Dicipline & Boundaries: Being a parent is hard. What are the most effective ways to set healthy boundaries for children.
11:00	Good Night	The Building Blocks of Sleep: Environment; sleep association; day time sleep; bedtime routine; and nutrition.
12:00	Hennie (Practica)	Brain Boosters: Listen to recordings made from within the womb & learn how to build your baby's brain after birth.
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14:00	Cryo-Save South Africa	Umbilical Cord Blood & Tissue Stem Cell Banking: Educational session on the importance of banking your baby's stem cells and the life-saving possibilities stem cells can provide to your family.
15:00	Rolene Strauss	Being a wife, mom, everything: The saying: "You can't pour from an empty cup" has never been truer. How do you recharge, reflect, survive? Sharing some personal stories, struggles & victories.

SUNDAY, 4 AUGUST

10:00	Taming the Tiger (Charmaine vd Spuy)	Dicipline & Boundaries: Being a parent is hard. What are the most effective ways to set healthy boundaries for children.
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