

# KAILO™

## WELLNESS SUMMIT

### SECTION 1      VIP PROGRAM

**06:00 – 06:45AM** Yoga & Meditation Session fuelled by Lululemon

**07:00 – 08:00AM** VIP Nourishing Breakfast

**07:15 – 08:00AM** Exclusive coaching & in-conversation w Lisa Messenger

### KAILO WELLNESS SUMMIT – ONE DAY EVENT SCHEDULE

### SECTION 2      THE MORNING PROGRAM

**08:30 - 09:00AM** REGISTRATION OPENS

**09:00 - 09:15AM** EVENT OFFICIALLY OPENS

**09:15 – 09:30AM** PAUSE

Topic: Meditation & Breathwork

Presenter: Emma Riley – Meditation Facilitator

*Meditation allows us to quieten down the mind and soften through the body. A brief but impactful session to set the Summit tone for your beautiful day ahead.*

**09:30 – 10:00AM** THRIVE

Topic: Nutrition & The Nervous System

Presenter: Libby Munro – Nutritional Coach

*Reducing stress, understanding and supporting the nervous system for optimal health.*

**10:15 – 10:45AM** RADIATE

Topic: Facial Aesthetics & Cosmetic Injectables

Presenter: Dr Jake Sloane – Medical Aesthetic Doctor

*We go deep into explaining natural looking face aesthetics and cosmetic injectables. We break down the science and the stigma around injectables.*

**11:00 – 11:30AM** GLOW

Topic: Skin Science w My Beaute DNA

Presenter: Meghan Horn – Cosmeceuticals Expert from Biologique Recherche

*Welcome to one of the most popular cosmeceutical philosophies, the iconic French skincare used by beauty editors and celebrities including Kim Kardashian and Gwyneth Paltrow. We showcase Biologique Recherche unique modalities and breakthrough benefits.*

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## WELLNESS SUMMIT

**11:45 – 12:15PM**

### **INSPIRE**

Topic:

The Power of Purpose & Igniting Human Potential

Presenter:

Lisa Messenger

### **SECTION 3**

### **LUNCH**

**12:30 – 13:15PM**

Nourishing lunch included & served to all guests

**13:30 – 14:00PM**

### **Q&A PANEL**

w Lisa Wilkinson & Lisa Messenger

### **SECTION 4**

### **THE AFTERNOON PROGRAM**

**14:00 – 14:30PM**

### **REST**

Topic:

Importance of Sleep for Brain, Emotional & Metabolic Health

Presenter:

Dr Olivia Lesslar – Functional Medicine Practitioner

*The impact of sleep on our health and how optimal sleep supports overall wellness and function.*

**14:45 – 15:15PM**

### **GROW**

Topic:

Maximise your Wellness & Live a Healthier, Longer Life

Presenter:

Dr Zac Turner – Regenerative Medicine Doctor & Biomedical Engineer

*Unlocking the secrets to longevity and anti-ageing the modern way.*

**15:30 – 16:00PM**

### **RESTORE**

Topic:

Hormones & Healing the Gut

Presenter:

Mary Lou Condon – Compounding Pharmacist & Anti-Ageing Practitioner

*Understanding hormonal health, gut wellness (your second brain) and how IV therapy can assist in healing on a cellular level.*

### **SECTION 5**

**16:15 – 16:45PM**

### **SURPRISE PRESENTER**

**17:00PM**

### **SUMMIT OFFICIALLY CLOSES**