

Dr. Ela Manga

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Dr. Ela Manga is a medical practitioner who is committed to bringing heart back into medicine. Ela runs a thriving practice in the beautiful Muldersdrift area where she specializes in bringing mindfulness back into medicine and inspiring conscious living as a way of restoring and supporting health and wellbeing. She is an expert in the field of energy management and optimal wellbeing, and uses modern medicine as a framework to delve deeper into the root causes of illness by drawing on safe and natural healing systems. Through this methodology, she supports both individuals and teams in healing the effects of stress and burnout.

Her journey to developing a unique approach to mastering energy began with her practice which she ran in a bustling suburb of northern Johannesburg. Working with mostly young families and people just starting out in their careers inspired her need to practice medicine in a way that was more individualized, holistic and heart-centered. She also recognizes the importance of working with her patients as partners in creating and sustaining wellness.

Ela has created an integrative approach to mental, physical and emotional health which includes drawing on a variety of methodologies, traditions, latest research, and experience. Her philosophy is accessible and relevant and is informed by ancient wisdom and continuous research. Ela has formulated a system for energy management which guides a process of inner enquiry and sustainable growth. She is particularly passionate about breathwork which has played a big role in refining her understanding of energy and is a powerful way to support people in their healing process.

Ela sits on several Organization's Boards, including One Sky International, Caleo Capital and ACISA (Axis Cancer Institute of South Africa). She is a Director for BreathTech and co-developer of the BreathTech App, and serves as a Mentor of the CIO Anywhere Programme.

Ela offers one-on-one sessions, Skype sessions and facilitation of workshops and retreats. She is the founder of Breathwork Africa and her book on mastering energy in the age of burnout, The Energy Code, was published in 2017.