



idea talks



FRIDAY
31.10.2025

13-00-14-00
JICC JAKARTA | LOWER LOBBY

RUN FOR YOUR LIFE: FROM MOTION TO MEANING



RUGUN TOBING

SALLY TANUDJAJA

MELITA MUTIA

DANIELLA SATYASARI

DOCTOR SPECIALIS,
NUTRITIONIST, OWNER OF
PROFESSIONAL BISS PHYSIOTHERAPY,
TRAINING ENTHUSIAST

RUNNING & FITNESS INFLUENCER

EDUCATOR, ASSOCIATE GALLESTENER &
STREET WORKOUT INDONESIA (AKSI),
AKSI CERTIFIED FITNESS TRAINER

OWNER OF @RAKSOYAPUNG

ideafest 2025

{CULT} by
THE CULTURE