

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Sativa Wellness Group Inc. (the "Issuer").

Trading Symbol: SWEL

Number of Outstanding Listed Securities: 364,615,913

Date: September 30, 2021

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

None to report

2. Provide a general overview and discussion of the activities of management.

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The Company announced that, further to the completion of its recommended share-for-share exchange offer for Sativa Group plc which was implemented by means of a court-sanctioned scheme of arrangement under Part 26 of the Companies Act 2006, and which became effective on 3 September 2020, the Company has duly confirmed in writing to the Panel on Takeovers And Mergers ("Panel") in the UK in accordance with the requirements of Rule 19.6(c) of the City Code on Takeovers and Mergers ("Code").

Excepting for the Board changes detailed in Regulatory Information Service announcements dated 29 January 2021, 4 February 2021 and 28 April 2021, the Company has confirmed to the Panel that it has complied with its post-offer statements of intent made pursuant to Rules 2.7(c)(iv) and 24.2 of the Code, as originally detailed in Sativa Group plc's Rule 2.7 announcement of 3 June 2020 and Sativa Group plc's Scheme Document published on 22 July 2020 ("Scheme Document").

Pursuant to Rule 19.6(b)(i) of the Code, the Company notes that the Board changes announced on 29 January 2021 and 4 February 2021, differ from the Company's intentions outlined in paragraph 7 ("Board, management, employees, benefits and locations") of the Scheme Document, where it stated, inter alia, that the Company's intention was for Henry Lees-Buckley, Jason Dussault, Jonathan Waring, Angus Kerr and Joseph Colliver to be directors of the Company. The board changes were prompted by Jeremy Thomas, partly to implement a vision of a broader wellness business, who at the time held approximately 25.9% of the Group's issued share capital.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

The Company announced that it had launched a full membership scheme through its website and new product range to include larger 30ml bottles. For members, 20% CBD Oil in 30ml bottles is 20% cheaper and 20% stronger than the cheapest CBD on the market. The new price of a 30ml 20% CBD product will also offer members 50% more CBD or 50% less cost than the average prices of 20% CBD found on a recent review of well-known brands in the market. The other products within the newly launched range also offer significant discounts on competitors' prices.

The Goodbody brand also guarantees Best Quality & Best Price on the market. Goodbody will guarantee your money back if a CBD oil of the same quality and strength as Goodbody CBD is found for a cheaper price.

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

None to report

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

6. *None to report*

7. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

None to report

8. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

None to Report.

9. Describe the acquisition of new customers or loss of customers.

None to Report.

10. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

None to Report.

11. Report on any employee hiring's, terminations or lay-offs with details of anticipated length of lay-offs.

None to Report.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

None to report

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13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
None to report
14. Provide details of any securities issued and options or warrants granted.
None to report
15. Provide details of any loans to or by Related Persons.
None to report
16. Provide details of any changes in directors, officers or committee members.
None to report
17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.
None to report


Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were/is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated September 30, 2021.

Anne Tew
Name of Director or Senior Officer


Signature

CFO / Corporate Secretary
Official Capacity

Issuer Details		For Month End	Date of Report
Name of Issuer		September 2021	09/30/21
Sativa Wellness Group Inc.			
Issuer Address			
Suite 409 – 221 503-905 Pender St. W. Esplanade,			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Vancouver/BC/V7M 3J3		()	()
Contact Name		Contact Position	Contact Telephone No.
Anne Tew		Corporate Secretary	+44 (0) 13 7348 2482
Contact Email Address		Web Site Address	
anne@sativawellnessgroup.com		www.sativawellnessgroup.com	

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