

SATURDAY SCHEDULE

	MAIN TENT	GODDESS GROVE	ZEN SPACE	RADIANT TALKS	FLY TENT	TINY TRIBES
10AM	Main Tent: Opening Ceremony with Ruth Burke & Oshikha Pandey					
11AM	Somatic Journey Piotr Ciepiel	Breathe, Birth & Beyond Kelly Pryce	Cacao Gathering Aimee Barnes Sponsored by Saoró Limited Spaces Register Early	Cosmic Guidance Sinead O'Regan	Techno Yoga Robbie Miller	Calm Kids Yoga Marian Bruen
12PM	Pilates Aoife Lennon	Womb Yoga Jess Paget		Career Promotions for Women Lee Daly	Pilates Sian Horn	The Jungle Flow Mindful Yogis
1PM	Soul Stage: Siri Akal Mini Concert					
2PM	Mat Pilates Thea King	Women's Circle Ruth Burke	Women In Business Panel Discussion Sponsored by Bebelle Pod	Breathwork: Unwind The Mind Maria Dargan	Mamma Mia Barre Aoife McGarry	Facepainting The Dizzy Elf
3PM	Navakarana Flow Katherine Cardozo	Rewrite Your Story Sarah Quinn	Sian Horn MC Laura Shanahan Cathy Fitzgibbon Tara Thompson	The Yoni Temple Oshikha Pandey	Pilates Aoife Lennon	Hula Hoops The Dizzy Elf
4PM	Gentle Vinyasa Virginia Giani	Restorative Yoga Alex Bodor	Breath & Sound Lara Slattery	Unwind Breathwork Chloe Enright	Fitness Boost Julie Higgins	
5PM	Grounded Yoga Lauren O'Mahony	Conscious Dance Hannah Carabine	1001 Celtic Nights Tatiana Sorohan	Nurture your Nature Paula Hynes	Shake the Dust Holly de Burgh	
6PM	TRIBAL TWERK Nikki Solyom Main Tent					

SUNDAY SCHEDULE

MAIN TENT

GODDESS GROVE

ZEN SPACE

RADIANT TALKS

FLY TENT

TINY TRIBES

10AM

Main Tent: Techno Yoga with Robbie Miller

11AM

From Breath to BEing
Ruth Burke

Breathwork:
The Thought Detox
Maria Dargan

Cacao Gathering
Nikki Solyom
Sponsored by Saoró

Rewrite Your Story
Sarah Quinn

Hula Hoop Flow
The Dizzy Elf

The Worry Monster
Mindful Yogis

12PM

Vinyasa Flow
Amy Burns

Beyond The Flow
Marie Hehir

Limited spaces
available,
register early.

Unwind Breathwork
Chloe Enright

Upside Down Lab
Katherine Cardozo

Calm Kids Yoga
Marian Bruen

1PM

Soul Stage: David Owens Mini Concert

2PM

Grow, Nourish, Flourish
Open Hearth Farm &
The Culinary Celt

Sensual Dance
Jess Paget

Yin Yoga
Alex Bodor

The Avoid Dance
Eddie Kendrick

Mat Pilates
Julie Higgins

Facepainting
The Dizzy Elf

3PM

Kundalini Yoga
Nikki Solyom

The Yoni Temple
Oshikha Pandey

Soundbath
Pepetoni

Ayurvedic Rituals
Raksha Rao

Prana Rave
Piotr Ciepiel

Hula Hoops
The Dizzy Elf

4PM

Groove and Ground
Bethany Wynne

Calm Birth Yoga
Kelly Pryce

Restorative Yoga
Lauren O'Mahony

Cosmic Guidance
Sinead O'Regan

Hip Flow
Virginia Giani

5PM

Conscious Dance
Hannah Carabine

Poetry & Movement
Paula Hynes

Restful Nidra
Tara Thompson

The Power is Within You
Laura Shanahan

90's & 00's Dance
Aoife Mc Garry

6PM

CLOSING CEREMONY

Main Tent