

Lisnavagh Wellness Festival Programme 2022						
VENUE	Front Lawn	Brick Barn	Yoga Studio	Courtyard	Woodland	Library
TIME	SATURDAY					
11:00 - 11:30	Opening Fire Ceremony					
11:45 - 12:45		Wild Heart - Nature Creativity	The Art of Meditation	Sionnán		Siobhán de Paor - "Táim ag Teach (I am Coming)"
1:00 - 2:00			Movement for Health	Lisnavagh House Band	Forest School	Sheana Keane in Conversation with Dr. Karen Ward
2:15 - 3:15		Cacao Ceremony & Sound Bath	Cooking Demo	Belles Favours	Forest Bathing	William Bunbury - "The History & Vision of Lisnavagh"
3:30 - 4:30			Integration of Yoga & the Seasons	Sass O'Flynn		Mary Reynolds & Sasha Sykes - "Art Meets Nature"
4:45 - 5:45		Shamanic Journey	Somatics		Rave in the Woods	Paul Price - Climate Change & Us
ALL DAY	Sauna, Bee Therapy & Therapy Room					
	SUNDAY					
11:00 - 11:30			The Art of Meditation			
11:30 - 12:30		Kirtan	Shadow Hatha Yoga	Giovanni & Mathilde		Sheana Keane in Conversation with Dr. Yolanta Burke
12:45 - 1:45			Cooking Demo	Caoivín	Forest School	Deirdre Lane in Conversation with Tom Butler - "Big Picture Thinking and Wellness"
2:00 - 3:00	Iománraíocht -	Cacao Ceremony & Sound Bath	The Power of Dance	Waterloo Sessions		Philip Judge - Rendition of Oscar Wilde & Brendan Behan
3:15 - 4:15	Wild Hurling		Bhakti Vinyasa Flow	Alfie Norris	Forest Bathing	Sheana Keane in Conversation with Pam Butler on Yoga Philosophy
4:30 - 5:30		Journey to the Energetic Cauldron of our Womb		Mundy		"When we are Celts Again - Irish as the Language of the New Paradigm" Siobhán de Paor, Aoife Ní hEochaidh & Séan Cantwell
	Closing Ceremony					
ALL DAY	Sauna, Bee Therapy & Therapy Room					

*** This is a provisional programme that is subject to change before the event