

Lisnavagh Wellness Festival Programme 2022

VENUE	Front Lawn	Brick Barn	Yoga Studio	Stables Courtyard	Woodland	Library
TIME	S A T U R D A Y					
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		Cacao Ceremony & Sound Bath	Movement for Health	Lisnavagh House Band	Forest School	Dr. Karen Ward & Sheana Keane - "Ageless Ageing"
2:15 - 3:15			Cooking Demo	Belles Favours	Forest Bathing	Mary Reynolds & Sasha Sykes - "Art Meets Nature"
3:30 - 4:30			Integration of Yoga & the Seasons	Sass O'Flynn		William Bunbury - "The History & Vision of Lisnavagh"
4:45 - 5:45		Shamanic Journey	Somatics (via video link)		Rave in the Woods	Paul Price - "Climate Change & Us"
ALL DAY - Horsebox Sauna, Bee Therapy, Therapy Room & Community Market						
	S U N D A Y					
11:00 - 11:30			The Art of Meditation			
11:30 - 12:30		Kirtan	Shadow Hatha Yoga	Giovanni & Mathilde		Dr.Jolanta Burke & Sheana Keane - "Don't Worry, Stop Trying to be Happy"
12:45 - 1:45		Cacao Ceremony & Sound Bath	Cooking Demo with Lu	Caoivín	Forest School	Tom Butler & Deirdre Lane - "Big Picture Thinking and Wellness"
2:00 - 3:00	Iomándraiocht -		The Power of Dance	Waterloo Sessions	Forest Bathing	Philip Judge - Rendition of Oscar Wilde & Brendan Behan
3:15 - 4:15	Wild Hurling		Bhakti Vinyasa Flow	Alfie Norris		Pam Butler & Sheana Keane - "Yoga Beyond the Physical"
4:30 - 5:30		Journey to the Energetic Cauldron of our Womb		Mundy	Rave in the Woods	Siobhán de Paor, Aoife Ní hEochaidh & Séan Cantwell
	Closing Ceremony					"When we are Celts Again - Irish as the Language of the New Paradigm"
ALL DAY - Horsebox Sauna, Bee Therapy, Therapy Room & Community Market						

For more information about the Farmyard Lisnavagh follow us on Instagram @lisnavaghecoretreat