

BLANCO NIÑO

YOGA FEST

ALL ABOUT.

SATURDAY SCHEDULE

	MAIN TENT	GODDESS GROVE	TINY TRIBES	RADIANT TALKS	FOREST ESCAPE	ZEN CHAPEL	FLY TENT
10AM	Main Tent: Opening Ceremony with Bhakti Marga						
11AM	Breath & Song Colm & Ari	Womens Circle Ruth Burke	Everything Belongs Mindful Yogis	Positive Psychology Louise Lynch	Om Chanting Bhakti Marga	Chair Yoga Laura Shanahan	Hula Hoop Dance Aisling Browne
12PM	Third Eye Awakening Amber Doyle	Prenatal Yoga Clare Bassett	Storytime Ann Linehan	Nourish to Flourish Cathy Fitzgibbon	Quiet Time	Kundalini Yoga Nikki Solyom	Partner P'Lattes Aoife Lennon
1PM	Front of Castle: The Nartaki- Traditional Indian Dance Performance						
2PM	Pilates Claire Halpin	Chakra Flow Michelle & Josie	Playtime Healing Kerrie Hunt	Women In Business Panel Discussion Christine Love MC Laura Shanahan Cathy Fitzgibbon Avelene Dalton	Shruti Chant Anne-Marie Furlong	Restorative Yoga Lauren O'Mahony	Yoga As Gaeilge Roisin Ui Choinn
3PM	Ashtanga Yoga Stephen Bunney	Mum & Me Yoga Clare Bassett	Kids Yoga Zara & Leilani		Woodland Meditation Catherine Drake	Tapping & Journaling for Manifestation Ana Godina	Fit Boost Stephen Salter
4PM	Akhanda Yoga Linda Casey	Yoga for Menopause Claire O'Sullivan	Kids Yoga Laura Rafferty	Cacao Gathering Ana Godina Sponsored by Magic Earth Cacao Limited Spaces Register Early	Authentic Living Stephen Bunney	Tea & Poetry Sofia Castro Sponsored by Solaris Tea	Wheel Yoga Ashgrove Yoga
5PM	Tribal Twerk Nikki Solyom	Cosmic Guidance Sinead O'Regan	Creative Time Music, Colouring & Play!				Navakarana Katherine Cardozo
6PM	COMEDY Cornelius Patrick O'Sullivan						
						Zen Chapel	

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Biasol

Rocks & Rituals

NATURES ALCHEMY
Sensitive Skincare
Inspired by Nature

GANAPATI
SCHOOL OF YOGA

Flexitime.ie
BECAUSE IT'S YOUR TIME

Spiritual but
BadASS

PILATES
& CREAM

ARDÚ
REFORMER PILATES

GARNACHA
AUTHENTIC MEXICAN COOKING

ORLA O
VISUAL

ALIGNED
BY
AMBER DOYLE

GGG
ACTIVEWEAR

RADIANT
SPACES

BLANCO NIÑO

YOGA FEST

ALL ABOUT.

SUNDAY SCHEDULE

	MAIN TENT	GODDESS GROVE	TINY TRIBES	RADIANT TALKS	FOREST ESCAPE	ZEN CHAPEL	FLY TENT
10AM	Yoga As Gaeilge Roisin Uí Choinn	Rewild Your Warriors Clare Bassett	Kids Yoga Zara & Leilani	Seasons of Life The Mindful Vogis		Cacao Gathering Ana Godina Sponsored by Magic Earth Cacao Limited Spaces Register Early	Flow into Splits Dawn Holland
11AM	Pilates Claire Halpin	Self-Compassion Louise Lynch	The Mindful Brain The Mindful Vogis	Embodied Archetypes Hannah Bowler	Cosmic Guidance Sinead O'Regan		Inversions Katherine Cardozo
12PM	ALIGNED The Path to Purpose Amber Doyle	Tribal Twerk Nikki Solyom	Family Yoga Clare Bassett & Jack	Tea & Poetry Sofia Castro Sponsored by Solaris Tea	5 Koshas Linda Casey	Mat Pilates Julie Higgins	Crown to the Ground (Headstand Workshop) Dawn Holland
1PM	Front of Castle: Carlos Ascorbe Fire Show						
2PM	Partner P'Lattes Aoife Lennon	Womens Circle Ruth Burke	Art & Craft Kerrie Hunt	Nourish to Flourish Cathy Fitzgibbon	Forest Kirtan Bhakti Marga	Cosmic Guidance Sinead O'Regan	Wheel Yoga Ashgrove Yoga
3PM	Hatha Yoga Alex Bodor	Vinyasa Yoga Claire O'Sullivan	I am Grateful Sofia Castro	Repair not Repeat Amber Doyle	Teen Yoga Zara Madden	Chair Yoga Laura Shanahan	Mindful 5K Mauricio Lastra
4PM	Navakarana Katherine Cardozo	Mindful Dance Ana Godina	Kids Yoga Laura Rafferty	Seeds of Insight Ruth Burke	Om Chanting Bhakti Marga	Restorative Yoga Alex Bodor	Classical Pilates Leilani
5PM	Raja Yoga Linda Casey	Evening Flow Lauren O'Mahony	Creative Time Music, Colouring & Play!	Magic Mindset Avelene Dalton	I am Grateful Sofia Castro		Fit Boost Julie Higgins
6PM	Main Tent: Closing Ceremony with Bhakti Marga						

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