

Wednesday 11th
9.00am - 10.00am

Lakeside Hotel
V94 E2D6

Registration

Hotel Lobby Front Desk

Check in for your workshop, and meet fellow attendees before the day begins.

Wednesday 11th
10.00am - 11.30am

Lakeside Hotel
V94 E2D6

Innovation and Design Workshop

Dr. Lorna Ross
Oak Room at The Lakeside

A practical workshop exploring creativity, innovation, and design thinking through discussion and hands-on exercises.

Wednesday 11th
12.30pm - 2.00pm

St. Flannan's Cathedral
V94 FD36

Mindfulness and Movement Workshop

Avril Stanley

Kum Nye is a gentle Tibetan yoga practice that combines slow movement, breath, and stillness. Accessible to all bodies and levels of experience.

Wednesday 11th
3.00pm - 5.00pm

The Barn
V94 F5D7

Movies in the Barn

Exclusive screening of Wilding
Followed by Panel Discussion

A powerful documentary about rewilding, biodiversity, and restoring balance to natural ecosystems. Based on the book by Isabella Tree.

Wednesday 11th
7.00pm - 9.00pm

Goosers Bar & Eating House
V94 R678

Panel Event at Goosers

Stephen Kinsella,
Kim Mackenzie-Doyle
Cathy Halloran
David McWilliams

An evening panel discussion with invited speakers, followed by informal conversation and live music.

Wednesday 11th
9.00pm - 10.00pm

Goosers Bar & Eating House
V94 R678

Guided Ukulele Jam

An interactive and immersive Ukulele session with community music leader Kieran O'Dea.
Doors @ 8.45pm

WITH THANKS



Comhairle Contae Thiobraid Árann
Tipperary County Council

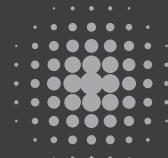


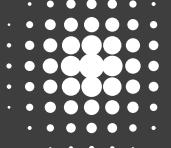
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CLARE COUNTY COUNCIL



The Lakeside
HOTEL & LEISURE CENTRE

*schedule, lineup and locations may be subject to change





Thursday 12th

8.00am - 9.00am

Cula Yoga Studio
V94 AEX9

Yoga at Cula Studio

Suitable for all levels.
All equipment provided

An accessible yoga session designed to ease tension, restore balance, and reconnect mind and body.

Thursday 12th

10.00am - 11.30am

Lakeside Hotel
V94 E2D6

Sustainability in the Community Workshop

Viv Chambers of Bricolage
Oak Room at The Lakeside

A practical workshop exploring local sustainability, community action, and achievable environmental change.

Thursday 12th

12.30pm - 2.00pm

The OakRoom Lakeside
V94 E2D6

Authors Reading at the OakRoom

Evelyn Cusack, David Gillick,
Monica Parker, David McWilliams

An intimate lunchtime reading featuring invited authors, with proceeds supporting the festival's charitable partner NALA (National Adult Literary Agency).

Thursday 12th

3.00pm - 5.00pm

The Barn
V94 F5D7

Movies in the Barn

Exclusive screening of Underworld
Followed by Panel Discussion

A visually arresting film inspired by Robert Macfarlane's bestselling book, Underland explores the hidden worlds beneath our feet.

Thursday 12th

2.00pm - 5.00pm

Twomilegate
V94 3V52

Sauna & Lakeswim

Meeting at the Car Park

A relaxing sauna experience encouraging connection with nature, wellbeing, and seasonal rhythms.

Thursday 12th

7.00pm - 10.00pm

The Lakeside Hotel
V94 E2D6

Headline Event Lakeside

An evening of talks and music

An evening of talks and music featuring leading voices in creativity, innovation and connection.

WITH THANKS



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