



Resonance

Where Creativity & Innovation Meet

2026

WEDNESDAY PROGRAMME

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

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

A gentle session combining movement and mindfulness, inviting reflection and calm in a unique setting.

Wednesday 11th

3.00pm - 5.00pm

The Barn
V94 F5D7

Movies in the Barn

Followed by talk

A curated film screening exploring nature, creativity, or sustainability, followed by a facilitated conversation.

Wednesday 11th

7.00pm - 9.00pm

Goosers Bar & Eating House
V94 R678

Panel Event at Goosers

Followed by music

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

*schedule, lineup and locations may be subject to change

resonance-loughderg.com





Resonance

Where Creativity & Innovation Meet

2026

THURSDAY PROGRAMME

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

Oak Room at The Lakeside

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

Thursday 12th

12.30pm - 2.00pm

The Barn
V94 F5D7

Authors Reading at the Barn

All proceeds to our
charitable partner

An intimate lunchtime reading featuring invited authors, with proceeds supporting the festival's charitable partner.

Thursday 12th

3.00pm - 5.00pm

The Barn
V94 F5D7

Movies in the Barn

Followed by talk

A curated film screening aligned with Resonance themes, followed by conversation and shared reflection.

Thursday 12th

3.00pm - 5.00pm

Twomilegate
V94 3V52

Sauna & Lakeswim

Meeting at the Car Park

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

Thursday 12th

7.00pm - 9.00pm

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.

*schedule, lineup and locations may be subject to change

resonance-loughderg.com

