



# Resonance

Where Creativity & Innovation Meet

2026

## WEDNESDAY PROGRAMME

PopUp Books 9AM-1PM Wooden Spoon

### 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

Joe Forde

Qigong is an ancient health system that combines flowing movements, deep breathing, and meditation to reduce stress, improve health and balance.

### 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,  
Paul Hayes  
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

Kieran O'Dea

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

WITH THANKS

*\*schedule, lineup and locations may be subject to change*





# Resonance

Where Creativity & Innovation Meet

2026

## THURSDAY PROGRAMME

PopUp Books 9AM-1pm Wooden Spoon

### 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

### Growth to Thriving: Community Workshop

Viv Chambers of Bricolage  
Oak Room at The Lakeside

Based on the theory of Doughnut Economics; An action lab for communities - exploring sustainability and achievable environmental change.

### Thursday 12th

**12.30pm - 2.00pm**

The OakRoom Lakeside  
V94 E2D6

### Authors Reading at the OakRoom

Evelyn Cusack, David Gillick,  
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 Underland  
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 - 9.00pm**

The Lakeside Hotel  
V94 E2D6

### Headline Event Lakeside

David McWilliams, Cathy Halloran,  
Kim Mackenzie-Doyle, David Gillick,  
and Aine Kerr;  
with music from Gemma Hayes

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](https://resonance-loughderg.com)

