

THE GATHERING SPACES



ÉRIU
BELONGING

Connection, song and community.



FÓDLA
DISCOVERY

Creativity, curiosity and exploration.



BANBA
TRANSFORMATION

Wildness, ritual and nature connection.



AN CRÓI
THE HEART

Embodiment, reflection and deep listening.



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FRIDAY 26 JUNE

~ Crossing the Threshold into the Land of Enchantment ~

17:00 Arrival & Welcome	19:00 Dinner	20:00 Opening Ceremony	21:30 Gathering Around the Fire
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SATURDAY 27 JUNE

~ Awakening ~

An invitation to awaken the senses, soften into the body and attune to the rhythms of the day.

	BANBA	ÉRIU	FÓDLA	AN CRÓI
07:00 – 08:00	Kiki Seegers Meditation & Self Inquiry			
08:00 – 09:00	Breakfast			
09:00 – 10:30	Jan Stefanik 4 Seasons Qi – Awaken the Flow	Fiona Walsh Remembering the Heart's Song (09:00 – 11:00)	Suzie Keogh Feline Yoga The Art of Myofascial Unwinding	
10:30 – 12:30	Claire Osborne Loving the Land Amerta Movement	Andrew Coombs Morning Moves	Lucia Smyth Contact Improvisation Embodying the Elements	Clair Lalor As the Trees Grow, So Do We
12:30 – 14:30	LUNCH TIME CONCERT Cockleshell & Friends ♦ LUNCH 12:30 – 14:30			
14:30 – 16:30	Tara Brandel Visceral Listening (Contact Improvisation)	Samuel Arnold Keane Awakening the Forager Within	Fergal O'Connor Being in Voice	
16:30 – 18:00	Anastasiia Bezruchko Contact Improvisation			
17:15 – 18:00		ELEMENTAL YOGA NIDRA with Claire Osborne & Leah Miklódy on cello Deep meditative rest for body, mind & heart.		



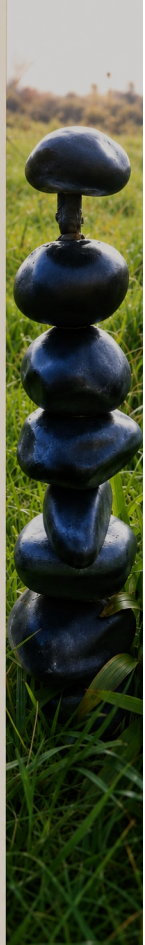
SATURDAY EVENING FEATURE

18:15		LEA MIKLÓDY Comfy Concert	An improvised cello and voice journey into stillness, listening and the dream body.
19:15	♦ DINNER ♦		
20:30		BENJI BOWER Immersive Sound Journey	Cinematic, ambient, and jazz-infused sound journeys. Bespoke, genre-spanning, immersive — a night you won't forget.
22:00		DJ TOM Eclectic mix of beats and grooves to dance the night away.	

SUNDAY ~ Deepening ~

Gathering the threads of the weekend and carrying them gently home.

07:00 – 08:00	Kiki Seegers Meditation & Men's Yoga				
08:00 – 09:00	Breakfast				
09:00 – 10:30	Luc O'Rourke Animal Flow	Saraswathi Wild Nidra			
10:30 – 12:30	AN CRÓI Suzie Keogh The Dance of Touch Only the Tissues Know (10:30 – 13:00)	ÉRIU Claire Osborne Loving the Land Amerta Movement	BANBA Áine Brosnan The Cosmic Dance Within	FÓDLA Sarah Louise The Land That Speaks	ON THE LAND
13:00 – 14:00	LUNCH				
14:15 – 16:15	Anastasiia Bezruchko Contact Tango	Fergal O'Connor Being in Rhythm	Tara Brandel Environmental Dance	Toma McCullim Uisce na Cailleach By the Waters and the Well	
15:00 – 16:30	FÓDLA (Big Bell Tent) Gillian Madden Animal Communication & Reiki	ON THE LAND Naoise Ni Ghealbhaín Forest Bathing			
17:00 – 19:00	ÉRIU Lucia Smyth Contact Improvisation Embodying the Elements	FÓDLA (Big Bell Tent) Jan Stefanik Somatic Chi Gong & Visceral Self Massage	ON THE LAND Nigel & Simone Soul Sound Bath (17:30 – 19:00)		
19:15 – 20:15	Dinner				
20:15	THE WILD TALENT SHOW A celebration of music, stories, poetry and unexpected gifts.				



MONDAY ~ Returning ~

Gathering the threads of the weekend and carrying them gently home.

08:00 – 09:00	Breakfast			
09:30 – 11:30	AN CRÓI Patricia O'Sullivan Contact Improvisation	BANBA Fiona Walsh Hearts Song		
11:30 – 12:15	CLOSING CEREMONY			