

WEST CORK YOGA FESTIVAL 2017 TIMETABLE.

MAY BE SUBJECT TO CHANGE – CHECK AGAIN IN THE LAST WEEK BEFORE THE FESTIVAL.

A LIMITED NUMBER OF PRINTED TIMETABLES WILL BE AVAILABLE ONSITE OVER THE WEEKEND. TO SAVE PRINTING COSTS AND PAPER WASTE, PLEASE DOWNLOAD A COPY ONTO YOUR PHONE, OR PRINT THEM YOURSELF.

EVENTS COLOURED ORANGE ARE COMMUNITY EVENTS, WHERE WE GATHER TOGETHER TO CELEBRATE AND SHARE.

The morning circles are very important group rituals that keep the spirit of Sangha (community) alive during the weekend.

They are also used to give practical information, such as updates on any class changes.

FRIDAY	AN SANCTIOR	CHAKRA PALACE	MANDALA TEMPLE	SHANTI SHALA	2 RIVERS	SOUND TEMPLE	TIR NA NOG CHILDREN'S AREA
12-9PM	ARRIVALS						
3PM -4.30PM	IYENGAR YOGA Irene Sheehy	OKIDO YOGA Betty O'Toole	5 RHYTHMS / OPEN FLOOR MOVEMENT Helen Bohan	CHI YOGA Pam Skinner	MINDFULNESS MEDITATION Paola Vais	DEVI PUJA Bella Hancock	Games, kids and family yoga, arts and crafts all weekend. See separate timetable.
4.45PM – 6PM	DRUMMING Mark Townson	ZEN MEDITATION Charlie Stevens	INT/ ADVANCED VINYASA FLOW Chani Wates	LAUGHTER YOGA Brian McGinley	FELDENKRAIS Sigi Berndt		
6pm - 7.15pm	DINNER						
7.15 – 8.15PM	WELCOMING CEREMONY community gathering					Open space for personal meditation and sounding	
8.15 – 10PM	EARTH DANCE Paul Cullen						
10.15 – 11PM		MOONLIGHT YOGA and fire dancers Corinna Fisher [outdoors]					

SATURDAY	AN SANCTOIR	CHAKRA PALACE	MANDALA TEMPLE	SHANTI SHALA	2 RIVERS	EARTH LODGE	SOUND TEMPLE
7AM - 8.15AM	VINYASA FLOW Chani Waites	SUN SALUTATION Maevé Murphy	QI GUNG / HEALING SOUNDS Yogi Cho	DALAI LAMA MEDITATION Kate Finn			SPACE FOR MEDITATION
7.30AM – 9.15AM	BREAKFAST						
9.15AM – 9.45AM	COMMUNITY CIRCLE						
10AM – 11.30AM	YOGA & SOMATIC MOVEMENT Clair Lalor	ASHTANGA YOGA Christine Mc Nally	ALCHEMY YOGA Ellie LaTrobe Bateman	PURNA YOGA vinyasa style Irene Dunne	LOVING KINDNESS MEDITATION Paola Vais	CHAI AND CHAT	PRANYAMA/ OM CHANT Betty O'Toole
11.45AM – 1.15PM	TIBETAN BOWL MEDITATION Paul Curtin	ACROYOGA Fiona Ashley	HATHA YOGA: THE CHAKRAS Claire Osborne (not for beginners)	HATHA & RELAXATION Mariananda Exley	TALK: UNIVERSAL ENERGY Yogi Cho	CHAI AND CHAT	TALK: LIVING IN YOUR POWER. Ellie LaTrobe Bateman
1.15PM – 3.13PM	LUNCH						
3.30PM – 10PM SAUNA	SAUNA IN FIELD €10 Tickets at reception						
3.15pm – 4.45pm	SUN AND MOON Bella Hancock	5 RHYTHMS Helen Bohan	YIN YOGA Ellie LaTrobe- Bateman	THE ART OF SEEING Corina Thornton	LIVING KARMA YOGA 4 pm Mariananda	CHAI AND CHAT	OM CHANT / YOGA NIDRA Clair Lalor
5PM – 6PM	Sun and moon cont. until 5.15pm	OKIDO YOGA – FINDING BALANCE Betty O'Toole	TALK: FORM AND FREEDOM Charlie Stevens	LAUGHTER YOGA Brian Mc Ginley	YOGA NIDRA Corinna Fisher	SILENT WALKING MEDITATION IN NATURE Fiona Ashley	FREE SPACE FOR SOUNDING, OPEN TO ALL
6PM – 8PM	DINNER						
8PM – 10.30PM	COSMIC CABARET Music, dance, poetry, sharing.						
10.30-11pm Sending healing to the world.	108 recitations of the Healing Mantra 'Om Triyambakam'.						

SUNDAY	AN SANCTOIR	CHAKRA PALACE	MANDALA TEMPLE	SHANTI SHALA	2 RIVERS	SOUND TEMPLE	EARTH LODGE
7AM – 8.15AM	CHI YOGA Pam Skinner	OPEN SPACE FOR PRACTICE Sun Salute with your firends!	MANTRA, TRATAK, YANTRA Corinna Fisher	MEDITATION /VISUALISATION Mariananda Exley		SPACE FOR PERSONAL MEDITATION	
7.30AM – 9.15AM	BREAKFAST						
9.15-10.45	MORNING CIRCLE Community gathering						
10AM – 11.30AM	FELDENKRAIS Sigi Berndt	ASHTANGA YOGA Christine Mc Nally	CHI KUNG Yogi Cho	KUNDALINI YOGA Mukhande Kaur	SATSANG (INTERACTIVE TALK) THE KOSHAS Claire Osborne	108- MANTRA Corinna Fisher/ Atmo Pragyan SOUNDSCAPE Macha / Corinna SOUL SONGS Brett Randall	Chai and Chat all day
11.45AM – 1.15PM	THAI YOGA MASSAGE Corinna Fisher	DYNAMIC VINYASA Kate Finn	IYENGAR YOGA: BACKBENDS Irene sheehy	HATHA YOGA- FINDING STILLNESS Clair Lalor	JOURNEY TO GODDESS TATTLE Mukhande Kaur	SOUND HEALING Yogi Cho	
1.15PM – 3.15PM	LUNCH	Pop up Bazaar – bring stuff to sell.					
3.30PM –10PM	SAUNA IN FIELD €10 Tickets at reception						
3.15 PM – 4.45PM	RESTORATIVE & YOGA NIDRA with Cello. 3PM START Claire Osborne and cellist Lea Miklody	ACROYOGA Fiona Ashley	YIN YOGA Kate Finn	CONSTELLATIONS WORKSHOP Charlie Stevens	WOMB YOGA Bella Hancock	FREE SPACE FOR SOUNDING Open to all	
5PM – 6PM	CLOSING CEREMONY						
6PM – 8PM	Community circle DINNER						
8PM – 10PM	KIRTAN with guest musicians						