

# WellFest 2016

HEALTH FITNESS & WELLNESS  
FESTIVAL

SATURDAY

17th  
SEPT

SUNDAY

18th  
SEPT

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9.00 - 10.00	WellFest 2016 Welcome Rave	Lords of Strut
10.00 - 10.30	Les Mills - GRIT	Andy McCauley
10.45 - 11.30	The Southern Yogi	Morgan De Young
11.45 - 12.30	The Viking Method	Svava
12.45 - 1.30	Buddy Up H.I.I.T Workout	Pat Divilly
1.45 - 2.30	Girl Gains	Zanna, Victoria and Tally
2.45 - 3.30	Les Mills - BODYCOMBAT	Andy McCauley
4.00 - 6.00	Pure Results Assault Course	Pure Results Team hosted by Kathryn Thomas

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9.15 - 10.00	Reggaeton Dance	Erle Livakk
10.00 - 10.45	Les Mills - BODYATTACK	Adam Burke
11.00 - 11.45	Animal Flow	Richard Scrivener
12.00 - 12.45	Metafit	Niall O'Callaghan (Pure Results Team)
1.00 - 1.30	Les Mills - GRIT	Andy McCauley
1.45 - 2.30	SBC	Russell Bateman
2.45 - 3.30	Voga	House of Voga
4.00 - 6.00	Pure Results Assault Course	Pure Results Team hosted by Kathryn Thomas

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9.45 - 10.25	The Little Green Spoon - Cooking Demonstration	Indy Power
10.40 - 11.10	How to love your body at every size and every number	Sarah Doyle
11.20 - 12.00	The Pure Results Program	Kathryn Thomas & Pure Results Team
12.10 - 12.50	UnPlug to gain peak performance: How to focus.	Chris Flack
1.00 - 1.40	Raw Food Cookery Demo (ISWARI)	Karen Ward
1.50 - 2.05	Alternative and Healthy snacks by Pure Results chef	Michelle McCormack
2.15 - 3.00	My Style Your Goal	Bradley Simmonds
3.15 - 4.00	The Fit Foodie Power hour	Derval O'Rourke
4.15 - 5.00	GourmetFuel - Healthy Eating Made Easy	Emma Buckley & special guests
5.15 - 6.00	Personal Acceptance and Living a Life that Means Something	Pat Divilly

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10.00 - 11.00	Skinny Bitch Collective Q&A	Russell Bateman
11.00 - 11.30	Evidence-Based Nutrition: How To Diet Without Falling For Fads, Quackery & Pseudoscience	Danny Lennon
11.45 - 12.15	Sweating doesn't equal progress - the 5 reasons you're not in the shape you should be	Dominic Munnelly
12.30 - 1.10	The Vicious Circle & important life skills	Bonita Dennison (Aware)
1.30 - 2.10	Cookery Demo	Roz Purcell
2.20 - 3.00	Cookery Demo	The Happy Pear
3.10 - 3.50	Beautiful You	Gerry Hussey interviewed by Kathryn Thomas
4.05 - 4.50	The Full 360 - Joining the dots with our own health and wellbeing	Alison Canavan
5.00 - 6.00	Mental Fitness	Bressie

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10-10.40	Soulful Alignment Vinyasa (Level 2)	Sibylle Dallmann
11-11.40	Flow Yoga	Yoga Hub - Dara Loughrey and Jenny Keane
12-12.40	Mindful Yoga	Yoga Hub - Dara Loughrey and Jenny Keane
1-1.40	The Southern Yogi	Morgan DeYoung
2-2.40	Deep Dynamic Flow	Lee Tracey
3-3.40	Ballet Barre	Mich Piazza
4-4.40	Let it Go Flow	Erica Tracey

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10-10.40	Soulful Alignment Vinyasa (Level 1)	Sibylle Dallmann
11-11.40	Activate your inner aquatic space warrior: Restore & Let Go. Body tuning cosmic merman flow (Level 2)	Art McHeart
12-12.40	Yoga for Everybody	Lou Horgan
1-1.40	Learning to go with the flow - Vinyasa Flow (Level 2)	Susie - Susita Yoga
2-2.20	Low & Slow Hip Openers	Lee Tracey
2.30-2.50	Restoration Yoga for Runners	Lee Tracey
3-3.45	Sean Nós - Irish Dancing	Sibéal and Olwyn
4-4.40	Yin / Yang Balancing Flow	Erica Tracey

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10-10.20	Meditation Made Easy	Parmjit Basra
10.30-10.50	Forgive, Forget and Move On	Catherine Kenny
11-11.20	Buddist Meditation on Loving Kindness	Lee Tracey
11.30-11.50	Body Scan Meditation	Lee Tracey
12-12.20	Master your Thoughts	Maureen Ryan
12.30-12.50	Experience a Higher Power	Deirdre O'Toole
1-1.45	Meditation for the Real World	Mick Timpson
2-2.20	The Well of WellBeing	Nick Gent
2.30-2.50	Overcome Fear with Love	Parmjit Basra
3.10-3.50	Mind the Gap!	Mick Timpson

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10-10.40	Make you Mind your Best Friend	Maureen Ryan
11-11.40	Mind Calm	John Graham
12-12.20	Unconditional Giving	Maureen Ryan
12.30-12.50	Cosmic Inner Smile	Nick Gent
1-1.20	Experience a Higher Power	Parmjit Basra
1.30-1.50	Raja Yoga in a Nutshell	Catherine Kenny
2-2.40	Facial Yoga	Susan Baxter
3-3.20	Simple Steps to Change Old Habits	Maureen Ryan
3.30-3.50	Worry Shifting	Parmjit Basra

Well  
STRONG

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9.15 - 9.45	Intro to ZUU	Tom Dalton
10.00 - 10.40	Kettlebells	Mark Lacey / Insanity Fitzone
10.50 - 11.35	Crossfit WOD	Crossfit Galway
11.45 - 12.45	Ladies Learn to Lift	James Hanley / Sarah Doyle
1.00 - 1.45	Miso	Pure Results Team
2.00 - 2.45	Pro Box Class	Raw Gyms
3.00 - 3.45	The Viking Method	Svava
4.00 - 5.00	Handstands	AM Fitness

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10.00 - 10.40	Zuu Class	Zuu Trainers
11.00 - 11.45	Handstands	Ornagh Lee
12.00 - 12.45	Crossfit WOD	Crossfit Navitas
1.00 - 1.45	Animal Flow	Richard Scrivener
2.00 - 2.45	Boxercise	Pure Results Team
3.00 - 3.45	Body Blitz	Raw Gyms
4.00 - 5.00	How to Squat like a Powerlifter	James Hanley

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9.30 - 10.15	Sleep Hygiene	Alan Flanagan
10.30 - 11.15	Essential Oils for Stress Management	Caroline Jackson
11.30 - 12.15	Intermittent Fasting	Richard Scrivener
12.30 - 1.15	No Excuses H.I.I.T class*	Bradley Simmonds
1.30 - 2.15	Happy Heart, Healthy Living*	The Happy Pear
2.30 - 3.15	Yoga Flow*	The Southern Yogi
3.30 - 4.10	Les Mills Experience Seminar	Les Mills
4.15 - 5.00	Girl Gains Workout*	The Girl Gains

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9.30 - 10.15	Dru Meditation Workshop	Niamh Gallagher
10.30 - 11.15	Movement and Meditation	Naomi Sturdy
11.30 - 12.15	UnPlug to gain peak performance: Workshop 'How to focus'.	Unplug
12.30 - 1.15	Skinny Bitch Collective*	Russell Bateman
1.30 - 2.15	Nutrition workshop - Sugar in Disguise	Jen O'Callaghan
2.30 - 3.15	Face Massage and Acupressure	Susan Baxter
3.30 - 4.15	Post Festival Season Detox	Maria Donlon LifeCleanse
4.20 - 5.00	#MIND GAINZZ Upgrade your mental game	Derek O'Boyle

\* Workshops marked with asterisk have to be pre-booked. Booking opens on at 9am on Thursday 1 September.

Well  
TRX

Presented by  
Kickstart Fitness

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9.30-10.30	TRX@Suspension Training TRX@FIT	Gareth Francis
11.00 -12.00	TRX@Functional Training (Multi-Modality Workout)	Gareth Francis
12.30 - 1.30	TRX@Flow Ireland's first reveal of TRX@ Yoga	Amanda Walsh
2.00 - 3.30	TRX@Functional Training v TRX@Suspension Training (bringing it all together).	Gareth Francis & Barbelle Bodies
4.00 - 5.00	TRX@Flow (TRX@ for Yoga)	Amanda Walsh

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9.30-10.30	TRX@Flow (TRX@ for Yoga)	Amanda Walsh
11.00 -12.00	TRX@Functional Training Session (Multi-modality Workout)	Gareth Francis & Barbelle Bodies
12.30 - 1.30	TRX@Strong (How many Sets can you do) <i>Find your 1 rep max in a TRX@ Session design to build strength.</i>	Gareth Francis
2.00 - 3.00	TRX@Fit (For all you guys who love to get a real sweat on). A TRX@ session designed to get <i>the heart rate going.</i>	Barbelle Bodies
3.30 - 4.30	TRX@Suspension training v TRX@Functional Training. <i>Wrapping up Wellfest with a multi modality workout you won't forget...#KickstartStyle</i>	Gareth Francis & Barbelle Bodies

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PILATES

Hosted by  
Platinum Pilates

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10:00	Reformer Level 1	Annie Kirwan
10:45	Reformer Level 2	Hayley Killen
11:30	Reformer Athletic Conditioning	Will Byrne
12:15	Reformer 1	Kate Hanlon
1:00	Reformer 2	Milena Byrne
1:45	Reformer Athletic Conditioning	Damy Redmond
2:30	Reformer 1	Milena Byrne
3:45	Reformer 2	Elain Tipple
4:30	Reformer 1	Carol Grimes
5:15	Reformer 2	Derek Shannon

		
10.00	Pilates Mat with Ring	Laurie Schneider
11.00	Ballet Barre	Laura Anne
12.00	May with Therabands	Audrey O'Connor
1.00	Ballet Barre	Maire Dee
2.00	Pilates Mat with Ring	Jessica Gormley
3.00	Ballet Barre	Yvonne Cavanagh
4.00	Classical Mat	Alice Trainer
4.45	Ballet Barre	Kate Hanlon