

WELLWEX

FESTIVAL

proudly sponsored by



I AM POWERFUL

10.00-11.00	HIIT Performance Base Wexford
11.00-12.00	EXTREME ABS/BODYFIT Synergy Fitness
12.00-1.00	BOXERCISE Kinetic Fitness
1.00-2.00	POWER HOOPS Eileen Rowe
2.00-3.00	KETTLEBELL HIIT Mick Kelly
3.00-4.00	STRONG PILATES Theresa Waters
4.00-4.45	STRONGER YOU Focus Health and Fitness

I AM INSPIRED

10.30-11.30	THE NO BULLSH*T GUIDE TO FAT LOSS Louise O'Brien
11.30-12.30	SPEAK UP AND SPEAK OUT: THE POWER OF USING YOUR VOICE Louise O'Neill
12.30-1.30	THE JOURNEY TO HEALTH AND HAPPINESS Siobhan O'Hagan
1.30-2.30	LONG TERM SUCCESS: LOVING THE PROCESS AS MUCH AS THE END GOAL Lock Gannon
2.30-3.30	WHAT THE F@%K DO I EAT? Ellen Hogan
3.30-4.30	SIMPLE STEPS TO CONFIDENCE, CLARITY AND CONSISTENCY. Pat Divilly

I AM PLAYFUL

10.00-11.00	JUMP FITNESS Jump Fitness
11.00-12.00	JUMP FITNESS Jump Fitness
12.00-1.00	FUNKY YOGA FLOW Yoga with Maura
1.00-2.00	ZUMBA BY JAYMEE With Jaymee
2.00-3.00	BACHATA South East Salsa
3.00-4.00	TWERK Haelee Reiss Fitness
4.00-4.45	POUND WITH AIS Aisling Nolan



I AM MOTIVATED

10.30-11.30	FROM COUCH TO IRONMAN Wexford Tri Club
11.30-12.30	TEEN WELLBEING PANEL: ALLOWING THE TEENAGER TO TEACH US Orlagh Reilly, Dee O' Keffe, Deirdre Ward of UNLOCK
12.30-1.30	NUTRITION PANEL: INTUITIVE EATING. WHY TUNING INTO YOUR BODY IS THE OPTIMUM APPROACH TO YOUR WELLBEING Nichola Forrest, Liz O'Leary, Shonagh Harpur The Nutrisho, HOST: PAUL JUGGINS of Nutrition Unravelling
1.30-2.30	COMMUNITY WELLBEING PANEL: ELEVATING WELLBEING IN WEXFORD Leonard Kelly, Karla Bell, Nichola Gregg
2.30-3.30	ENVIRONMENTAL PANEL: TAKING ACTION ON CLIMATE CHANGE An Taisce Climate Ambassadors
3.30-4.30	WELLBEING IN SPORT: HOW HIGH LEVEL PHYSICAL PERFORMANCE BUILDS MENTAL AND EMOTIONAL RESILIENCE Darren Siggins, Conor MacDonald



I AM BALANCED

10.00-11.00	CHI KUNG Ellen Hogan
11.00-12.00	YOUR FITNESS TOOL BOX Olly Gogarty
12.00-1.00	FRC Movement 101
1.00-2.00	SPORTS YOGA Yoga with Jenny
2.00-3.00	CONTEMPORARY YOGA FUSION Vivian Brodie Hayes
3.00-4.00	TAI CHI Dermot Malone
4.00-4.45	GENTLE PILATES Castlebridge Physio



I AM STRONG TRX with Jason Kehoe

10.30-11.15	BEGINNERS
11.30-12.15	INTERMEDIATE
1.00-1.45	BEGINNERS
2.00-2.45	INTERMEDIATE

I AM WHOLE

10.00-11.00	YIN & YANG YOGA WORKSHOP Yoga and Fitness with Denise
11.00-12.00	DHARMA DRUM YOGIC FUSION Shanti Yoga
12.00-1.00	YOU ARE WHAT YOU THINK! FIRST STEPS TO DETOXING YOUR MIND AND BODY Simon Cullen of Kelly's
1.00-2.00	DEEPEST REST: RESTORATIVE YOGA, YOGA NIDRA AND SOUNDBATH Suzanne Barry and Richard Lee
2.00-3.00	LOOKING AFTER YOUR WELL DURING PREGNANCY THROUGH TO BIRTH Panel Discussion with experts Annika Schulz of Southeast Doula Care, Brenda Harkin, Midwife, Hypnotherapist, mind-coach and Yogi, Phyl PM Fitness
3.00-4.00	FIVE TIBETAN RITES YOGA Jonathan Keenan of Creacon Wellness Retreat
4.00-4.45	ARYUVEDA MADE SIMPLE Rachel Collins



I AM CREATIVE

11.00-12.00	CREATE YOUR WELL WITH THE INSPIRITUS ART MIND MAP Inspiritus Art
12.00-1.00	VISION BOARDING WITH STYLE SELFOLGY. TURNING YOUR VISION AND DREAMS INTO REALITY Style Selfology
1.00-2.00	JOURNEY THROUGH Mandalas AN ACTIVE MEDITATION PRACTICE INTO CREATIVE SELF EXPRESSION Josie Byrne
2.00-3.00	STYLE YOUR SHAPE The ZipYard
3.00-4.00	BE THE HERO OF YOUR OWN WEIGHT-LOSS JOURNEY. CREATE THE WELL THAT WORKS FOR YOU. Nutrition Unravelling
4.00-4.45	CLIMATE PROTECTION STORY-TELLING WORKSHOP An Taisce Climate Ambassadors



I AM FLOW

10.15-11.15	JUJITSU DEMO AND PRACTICE Silverback BJJ
11.15-12.15	MOVEMENT WORKSHOP London Movement Group
12.15-1.15	MOVE ENERGISE GLOW WORKOUT Megan Williams
1.15-2.15	SLOW MOVES John Pettitt
2.15-3.15	BODYWEIGHT WORKOUT Rebecca Robinson



I AM CONNECTED MADE IT ENTERTAINMENT MUSIC STAGE

11.00-11.45	NIC AND NEIL
12.00-12.45	JOSH CAHILL
1.00-1.45	DAVE CLARKE
2.00-2.45	TUESDAY AT 6
3.00-3.45	NIAL CASH
4.00-4.45	RACHEL GRACE

