

11am - 12.30pm

Introduction to Foundational Vegan Recipes with Lily Toomey St. Joseph's Secondary School - €18 per person

2pm - 3.30pm

Beat Procrastinating & Get Things Done with Coach Katie Bridget St. Joseph's Secondary School €15 per person

2pm - 4pm

Gut Health & Fermenting Discussion & Demo with Mary-Thea Kerry Kefir & Sarah Fitzgerald Green Green Gate St Joseph's Secondary School - €20 per person

2pm - 4pm

Chakra dance Release with Elaine Clancy The Convent - €18 per person

3pm - 4pm

Loving Kindness Guided Meditation with Lindsey Room of Light @ Community Centre



3pm - 4pm

Spirituality of Stained Glass Windows with Fr. Sean Hanafan St. John's Church



4.30pm - 6pm

Mind & Body Healing with Elishia Herath The Convent - €5 per person

6.30pm - 8pm

The Colour Within - Colour Therapy with Meditation & Crystals with Emily The Convent - €15 per person

**For more info on each event
and bookings, check out**

www.moyaballybunion.ie

or contact us on

(087) 783 7448 OR (086) 894 4294

moya.ballybunion@gmail.com

Please note that filming/photography is taking place at these events for promotional and archival purposes.

Programme of events correct at time of printing, events/locations may be subject to change.

One-to-One Sessions

Book a one to one session with the practitioners below and allow yourself to reconnect with your mind, body & spirit.

Diane O' Keffe - Reflexology
0877409164

Rosarie O' Connor - Reiki Healing
0876147359

Conor Carmody - Holistic Therapy
0838375798

Anne Herbert - Reflexology
0872772488

KID'S SCHEDULE SATURDAY

9.30am - 11.30am

Kitty's Teddy Bear Clinic

Room of Light @ The Community Centre, Ages 6 - 12 Years
€20 per child (*Booking Essential, spaces very limited*)

11.30am - 1.30pm

Paper Making Workshop with Marie Brennan

Cottage Art Studio, Ages 8 - 16 Years, €15

SUNDAY

11am - 12pm

Ancient Egypt Yoga for Children with Stacy

Upstairs Hall @ The Community Centre, Ages 5 - 12 Years
€10 per child

12pm - 1pm

Photography for kids - Harry Potter Style with Ostap

Upstairs Hall @ The Community Centre, €10 per child
Ages 7 - 12 Years (Families welcome) *Phone/Camera Required*

MONDAY

9.30am - 10.30am

Creative Mindfulness for kids with Lindsey & Elishia

Upstairs Hall @ The Community Centre, Ages 5 - 9 Years, €15

11am - 1pm

Art Decorating Workshop with Vera & Nina

Room of Light, The Community Centre
All ages (Families welcome) €12 per child

Why not bring your own stone from the beach?

MOYA
BALLYBUNION
MAY 2024
Meditation - Ocean - Yoga - Art



Kerry
Your Natural Escape

WILD ATLANTIC WAY
THE WILD ATLAS PROJECT

Fáilte Ireland
National Tourism Development Authority

FRIDAY 3rd

6pm - 8pm

Brilliant Ballybunion Goes Wild Creative Climate Action Event

@ Barna Way V31 YK68



SATURDAY 4th

5am - 7am

Dawn Chorus with Rena Blake & Barry O Donoghue

@ Barna Way V31YK68

Booking essential - limited spaces



8.30am - 9.30am

Morning Meditation with Mello Cozy Room

The Community Centre - €10 per person

9am - 12pm

Morning Movers with Leigheas Retreats

Music & movement to activate & boost your happy hormones. All ages & abilities.

Cliff House Hotel - €15 per person

9am - 11am

Coming Home - a Morning of Mindfulness &

Meditation with Rosarie The Convent - €25 per person

9.30am - 10.30am

HIIT The Beach - HIIT Workout with Peter

Men's Beach - €10 per person

10am - 11am

Mixed level Vinyasa Yoga with Kiara

The Bandstand area @ The Castle Green



11am - 12pm

Chair Based Exercise - seated fitness for

function & balance with Martina

Main Hall @ The Community Centre

11am - 12.30pm

Plant Based Bakery with Lily Toomey

St. Joseph's Secondary School - €18 per person

11.30am - 1pm

Meditation Made Simple with Grainne Henry

The Convent - €15 per person

11.30am - 1.30pm

Summer Vibes Dance Class (including Soul Stretch) with Astrid

Room of Light, Community Centre - €20 per person

12pm

Coasteering with Wild Water Adventures

Meenogahan Pier (Booking Essential) - €45 per person

2pm - 3.30pm

Breathwork workshop with Leigheas Retreats

Learn & practice the benefits of Pranayama Breathwork

St. Joseph's Secondary School - €20 per person

2pm - 4pm

Sing, Giggle & Soothe with Kathryn Crowley

Cliff House Hotel - €18 per person

2pm - 6pm

Walk to Knockanure Hill with Local Guide Danny

Houlihan Meet @ SuperValu Carpark - €20 per person

2.30pm - 3.30pm

The Joyful Goddess Workshop with Astrid

The Convent - €15 per person

4pm - 6pm

Bhakti Yoga with Cathy Healy

The Convent - €30 per person

6.30pm

Bealtaine Talk & Ceremony with Marian Relihan

Mens Strand (The Convent if raining) - €15 per person

SUNDAY 5th

9am - 11am

Cormac's Coastal Walk - A Shoreline Exploration

Departs @ Mens Beach - €10 per person

9.15am - 10am

Morning Flow Yoga with Cathy Healy

Bandstand @ Castle Green



9.50am - 11am

Angel Alchemy - Transform your life with the angels with Susan Browne Lifelong learning

The Convent - €13 per person (€10 early bird)

10am - 11am

Qi Gong Wellness: Relax, Revitalise & Re-energise

with Noreen Bandstand @ Castle Green - €15 per person

10am - 5.30pm

Holistic Therapy Taster Sessions with Quest & Thrive

St. Joseph's Secondary School V31 RT61 - €30 per person

10.30am - 12.30pm

Move-Breathe-Swim-Eat with Quest & Thrive

Men's Beach - €30 per person

11am - 3pm

Family Day, MOYA Market & Food

Playground Area



11.30am - 12.15pm

Drum & Dance Show with Drum Dance Ireland

Playground Area



11.30am - 1.30pm

Intuitive art and Somatic yoga with Mary Harrison and

Jacqui Meskell The Convent - €25 per person

12pm - 1pm

The Heal Your Period Plan with Michelle of

New Body & Soul Online



2pm - 2.45pm

Interactive Drum Show with Drum Dance Ireland

Playground Area



2pm - 3.30pm

The Pirate Queen: The Amazing Yoga Workshop

retelling the story of Gráinne Mhaol with Maeve Ferris, Ebb & Flow Yoga

Tranquility Room @ The Convent - €23 per person

2.30pm - 4pm

Macramé from Marine Treasures with Grace Austin

Upstairs Hall @ The Community Centre €30 per person

3pm - 6pm

Wim Hof Workshop with Quest & Thrive

St. Joseph's Secondary School V31 RT61 - €120 per person

4pm - 6pm

9D Breathwork Experience with Geraldine Ahern &

Tomas O' Sullivan

The Convent - €30 per person

6.30pm - 7.30pm

West African Dance Class with Julie Staveley-O'Carroll

Tranquility Room @ The Convent - €10 per person

MONDAY 6th

10am - 11am

Energising Vinyasa Yoga with Clodagh

The Convent - €12 per person

10am - 12.30pm

Ice Baths & Breathwork with Leigheas Retreats

St. Joseph's Secondary School - €90 per person (early bird €80)

10am - 11.30am

Bromore Cliffs Guided Walk with Mike

Bromore Cliffs



11.30am - 1pm

Mindfulness & Self-Compassion Workshop with

Lindsey Crean

The Convent - €15 per person