

The Wellness Zone with Quest and Thrive at Féile Thrá Lí - Tralee Street Fest

All events in the Wellness Zone Marquee are FREE but pre-booking is required. Book now at www.questandthrive.ie

Join us in the Wellness Zone at Pearse Park/ Páirc an Piarasaigh, Denny Street, Tralee, Co.Kerry, 778V+WFX

~ events to coincide with the Rose of Tralee International Festival ~

	Friday 16th August	Saturday 17th August	Sunday 18th August	Monday 19th August	Tuesday 20th August
9.00am	9am - 10am Guided Meditation for Inner Peace	9am - 10am Chakra Balancing Meditation	9am - 10am Loving-Kindness Meditation	9am - 10am Mindfulness and Breath Awareness	9am - 10am Visualisation and Intent Setting
10.15am	10.15am - 11.15am Flow with Vinyasa Yoga	10.15am - 11.15am Harmony in Motion Yoga	10.15am - 11.15am Gentle Awakening Yoga	10.15am - 11.15am Strengthening and Balancing Yoga	10.15am - 11.15am Energise and Elevate Yoga
11.30am	11.30am - 12.15pm Yoga Fun Poses and Play for Kids (Ages 4-7: Limited Capacity)	11.30am - 12.15pm Fun with Fresh and Dried Blooms (Ages 4-7: Limited Capacity)	11.30am - 12.15pm Art Explorers: Creative Adventures for Kids (Ages 4-7: Limited Capacity)	11.30am - 12.15pm Empowering Kids through Martial Arts (Ages 4 to 7)	11.30am - 12.15pm Yoga Fun Poses and Play for Kids (Ages 4-7: Limited Capacity)
12.15pm	12.15pm - 1.00pm Yoga Fun Poses and Play for Kids (Ages 8-16: Limited Capacity)	12.15pm - 1.00pm Fun with Fresh and Dried Blooms (Ages 8-16: Limited Capacity)	12.15pm - 1.00pm Art Explorers: Creative Adventures for Kids (Ages 8-15: Limited Capacity)	12.15pm - 1.00pm Empowering Kids through Martial Arts (Ages 8 to 16)	12.15pm - 1.00pm Yoga Fun Poses and Play for Kids (Ages 8-16: Limited Capacity)
1.15pm	1.15pm - 2.15pm Lunch and Chill-out time in Pearse Park	1.15pm - 2.15pm Lunch and Chill-out time in Pearse Park	1.15pm - 2.15pm Lunch + chill-out time in Pearse Park	1.15pm - 2.15pm Lunch + chill-out time in Pearse Park	1.15pm - 2.15pm Lunch + chill-out time in Pearse Park
2.15pm	2.15pm - 3.15pm Talk on <i>How to Manage Stress</i>	2.15pm - 3.15pm Pilates for Strength and Flexibility	2.15pm - 3.15pm Pilates for Total Body Toning	2.15pm - 3.15pm Talk on <i>Living with Chronic Pain</i>	2.15pm - 3.15pm Talk on <i>Nutrition for all the Family</i>
3.30pm	3.30pm - 5.00pm Immersive Sound Bath Experience	3.30pm - 5.00pm Botanical Artistry: Creating with Natural Blooms (Adults: Limited Capacity)	3.30pm - 5.00pm Dreamscapes & Reflections: Unlocking Your Vision through Journaling	3.30pm - 5.00pm Gentle Movement and Flexibility Class for 40+ with Mobility in Mind	3.30pm - 5.00pm Biofield Energy Healing (Two 45-minute sessions, 3.30pm and 4.15pm)

