

The Wellness Zone with Quest and Thrive at Féile Thrá Lí - Friday 15th to Tuesday 19th August

Join us in the Wellness Zone at Tralee Bay Wetlands, Tralee, Co. Kerry, V92 HH57



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

Don't forget to tag us
@questandthrive

Parking at the venue is limited so please consider carpooling, cycling or walking

| | Friday 15th August | Saturday 16th August | Sunday 17th August | Monday 18th August | Tuesday 19th August |
|---------|--|--|---|---|--|
| 9.00am | 9am - 10am Regulating Breathwork & Meditation | 9am - 10am Loving Kindness Meditation | 9am - 10am Inner Strength Meditation | 9am - 10am Twin Heart Meditation | 9am - 10am Spirit Uplifting Meditation |
| 10.15am | 10.15am - 11.15am Morning Flow Yoga | 10.15am - 11.15am Yoga & Conscious Self | 10.15am - 11.15am Morning Rise Yoga | 10.15am - 11.15am Stretch & Shine Yoga | 10.15am - 11.15am Yoga & Deep Nidra |
| 11.30am | 11.30am - 12.15pm Kids Martial Arts (ages 5 to 8) | 11.30am - 12.15pm Kids Art & Meditation (ages 5 to 8) | 11.30am - 12.15pm Kids Yoga (ages 5 to 8) | 11.30am - 12.15pm Kids Block Printing Workshop Ages 5 to 7. Limited capacity | 11.30am - 12.15pm Kids Cyanotype Printing Workshop Ages 5-7. Limited capacity |
| 12.15pm | 12.15pm - 1.00pm Kids Martial Arts (ages 9 to 15) | 12.15pm - 1.00pm Kids Art & Meditation (ages 9 to 15) | 12.15pm - 1.00pm Kids Yoga (ages 9 to 15) | 12.15pm - 1.00pm Kids Block Printing Workshop Ages 8 to 12. Limited capacity | 12.15pm - 1.00pm Kids Cyanotype Printing Workshop Ages 8-12. Limited capacity |
| 1.15pm | 1.15pm - 1.45pm Body Blast! | 1.15pm - 1.45pm HIIT & Flow | 1.15pm - 1.45pm HIIT & Flow | 1.15pm - 1.45pm Body Blast! | 1.15pm - 1.45pm Body Blast! |
| 2.00pm | 2.00pm - 3.00pm Pre- & Post-Natal Yoga (limited capacity) | 2.00pm - 3.00pm Pilates for All | 2.00pm - 3.00pm Osteo Fit & Strong for All | 2.00pm - 3.00pm Gentle Pilates & Yoga Fusion | 2.00pm - 3.00pm Reiki & Breathwork |
| 3.15pm | 3.15pm - 4.45pm Mindful & Restorative Yoga | 3.15pm - 4.45pm Dreamy Journaling & Vision Boarding | 3.15pm - 4.45pm Gathering in Sacred Intention Ceremony | 3.15pm - 4.45pm Immersive Sound Bath | 3.15pm - 4.45pm Harvest Sound & Song Journey |
| 5.30pm | 5.30pm - 6.30pm Tuesday 19th August | | | | Guided Relaxation & Indian Devotional Music |

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