

Queen Medb Conference, Saturday 25th and Sunday 26th November 2017

Saturday Timetable

Time	Speaker	Title/Workshop
9.30am - 10.00am	Registration, Introduction and Welcome	
10.00am - 11.00am	Jack Roberts	The Truth about the Sheelana-gigs
11.00am - 11.15am	Tea Break	
11.15am - 12.00pm	Bernadette D'Alton	Symbols of Medb
12.00pm - 1.00pm	Félim Gibbons	Defining Myth - Confrontation or Acceptance
1.00pm - 2.00pm	Lunchbreak	
2.00pm - 3.00pm	Karen McGonigle	Laughter Yoga, Laugh Your Way to Health and Wellbeing. (A tribute to Fred Walker)
3.00pm - 5.00pm	Ray Sawyer James	'Living Ancient Wisdom in Modern Times- Rediscovering The Nature of Mindfulness'
	Close of Saturday Programme	

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Sunday Timetable

10.00am - 11.30am	Sandra Delaney	Harvest Knot Workshop
11.30am - 11.45am	Tea Break	
11.45am - 1.00pm	Josephine Stroker	Mindfulness Meditation
1.00pm - 1.30pm	Lunchbreak	
1.30pm - 2.00pm	Marie Main	Set dancing
2.00pm - 4.00pm	Rathcroghan Visitor Centre	Tour
	Close of Sunday Programme	

