

TIME & LOCATION	Thursday
10am - 2pm KDYS HALL	Convention Hall Open - Practice and Play Hall open for general practice
3pm - 5pm KDYS HALL	Warm ups, Games and Anarchic Juggling - Cormac Mohally Over 2 hours we will dive into warm up routines, building sequences through play, and some Anarchic Juggling - <i>All Levels</i>
5pm - 6pm KDYS HALL	Convention Hall Open - Practice and Play Hall open for general practice

TIME & LOCATION	Friday
10am - 2pm KDYS HALL	Convention Hall Open - Practice and Play Hall open for general practice
2pm - 3pm KDYS HALL	Accessible Juggling - Cormac Mohally Based on Craig Quat's pedagogy of play and social juggling, this is a must do workshop for anyone interested in teaching circus - <i>All Levels</i>
3pm - 4pm KDYS HALL	Stabilising Ball Patterns (and learning new ones fast) - Jonny Moore Gain the tools and philosophies that Jonny uses to learn new tricks and achieve the coveted status of 'solid' for existing tricks - <i>Beginner / Intermediate</i>
4pm - 5pm KDYS HALL	Unicycle - Joachim Ciocca This workshop will focus on freestyle tricks, using different types of mounts, focusing on spins and Japanese style rotation on a unicycle. Explore a range of technique with personal feedback and tools to develop vocabulary - <i>All Levels (bring your own unicycle)</i>
5pm - 6pm KDYS HALL	The Elements of Poi and the Flow Arts - Rónan McLoughlin "Journey into the practice of poi, staff, clubs, buugeng, etc through the elements of timing and direction. Establish a strong foundation to create a platform and find freedom of flow and expression." - <i>All Levels</i>
5pm - 6pm KDYS HALL	Rola Bola - John Gadd This Rola Bola workshop introduces participants to exercises that will help you develop skills, core strength and coordination, which are essential for this circus act. - <i>All levels welcome, bring your own material</i>
6pm - 7pm KDYS HALL	Combat Juggling - Practice and Play Introduction to techniques on how to take out others and not drop followed by play - <i>All Levels</i>

TIME & LOCATION	Saturday
10am - 7pm KDYS HALL	Convention Hall Open - Practice and Play Hall open for general practice
10am - 11am KDYS HALL	Taiji Tao Qigong - Rónan McLoughlin Allow these powerful moving meditation practices to reintegrate, restore and strengthen body and mind to prepare for a day of juggling - <i>All Levels</i>
11am - 12pm KDYS HALL	Balls - Jonny Moore Spice up your juggling by adding different types of neck throws to your existing tricks/patterns - <i>All Levels PreReq : 3 ball cascade</i>
11am - 12pm KDYS HALL	Hula Hoops - Ingrid O'Beirne Explore hula hooping beyond your waist and create a sequence together with your new hooping moves! - <i>Beginner / Intermediate</i>
12pm - 1pm KDYS HALL	Balls - Chloe Dougan Juggling traps and throws - <i>All Levels</i>
1pm - 2pm KDYS HALL	Dragon Staff - Mira Ji "Chi Rolls & variations, suitable for complete beginners & all levels Fountain Rolls" - <i>All Levels (limited equipment available)</i>
2pm - 3pm KDYS HALL	Poi - Niall Tuohy Fundamental Control - learn the essential techniques for controlling the poi in all situations - turning, planes, stalls, isolations, and more - <i>All Levels</i>
2.30pm - 4.30pm Siamsa Tire	Creation Theory and Tools - Darragh McLoughlin [re]framing - Playing with meaning and experience. Pre-booking required see website for more information and booking link - <i>Creators / Aspiring Creators</i>
3pm - 3.30pm KDYS HALL	Balancing objects - Steve McGinley Balancing for Beginners: Learn the classic skill of Balancing - <i>All levels welcome, feathers and clubs provided</i>
3.30pm - 4pm KDYS HALL	Flowersticks - Steve McGinley Flowersicks : It's funny, it's flowery, and you'll need some stick! Steve will have flowersticks for everyone. This is an essential skill for anyone teaching youth or social circus - <i>Beginners</i>
4pm - 5pm KDYS HALL	3 ball juggling, relaxed arms, strong legs - Nina Illouz "The theme of this workshop is weight. The weight of the objects we're juggling, the weight of our arms, and how consciousness of the two can help us have a more relaxed movement while juggling." - <i>Beginners/intermediate</i>
5pm - 7pm KDYS HALL	Convention Hall Open - Practice and Play

TIME & LOCATION	Sunday
10am - 11am KDYS HALL	Convention Hall Open - Practice and Play Hall open for general practice
11am - 12pm KDYS HALL	Foot Juggling with Balls - Jonny Moore Discover new patterns or extend existing tricks by incorporating your feet (or just learn cool ways to pick up your props after you drop!) - <i>Beginners / Intermediate</i>
11am - 12pm KDYS HALL	Movement - Elysia McMullen Using dance techniques to develop movement that compliment and create fluid juggling - <i>All Levels</i>
12pm - 1pm KDYS HALL	Sequence building games - Declan Mee Fun and interesting ways to create new and unique juggling sequences and tricks. - <i>All props and all skill levels welcome</i>
1pm - 2pm KDYS HALL	Dragon Staff - Mira Ji Halos & Transitions - <i>Intermediate / Advanced</i>
2pm - 3pm KDYS HALL	Antipodism Foot Juggling - Roxana Küwen Arsalan "Antipodism Foot juggling" An introduction workshop to foot juggling as one form of full body juggling. We get to know our "second hands" with games, body work and of course juggling! For anyone with juggling objects." - <i>All Levels</i>
3pm - 3.30pm KDYS HALL	Double Dutch - Cormac Mohally For those with some energy left, let's burn it off with some team jump rope - <i>All Levels</i>
4pm - 5pm ACRO HALL	Circus Olympics - IN ACRO HALL CONVENTION

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