

# WELCOME

Mount Congreve Gardens is delighted to welcome you to Restival Festival 2025!

Now in its fifth year, Restival offers the perfect setting to reset, relax and recharge. Within these 70 acres you can enjoy a range of activities and talks – you’ll find the full programme on the next page and map on the inside page.

While you're here, why not take some time to explore our gardens, **FOXFORD**, The Stables Café, or the Greenway? Or ask our staff about our **Forest** accommodation options, including cabins, tents, lodges, and our Courtyard Suite.

Don't forget to tag us in your Restival posts  
**@mountcongreve**



## SATURDAY PROGRAMME

### Yoga in the Walled Gardens (30 minute classes)

| TIME | DETAILS                              | INSTRUCTOR    |
|------|--------------------------------------|---------------|
| 7am  | Early Morning Stretch                | Ca O'Donohoe  |
| 8am  | Gentle movement & Somatic connection | Clara Doherty |
| 9am  | Easeful morning flow                 | Gemma Murphy  |
| 10am | Mindful movement                     | Ca O'Donohoe  |
| 11am | Mindful warrior standing flow        | Karen McMahon |
| 12pm | Happy hips Hatha yoga                | Art Devine    |
| 1pm  | Yoga for everyBODY                   | Karen Dunphy  |
| 2pm  | Reset with gentle flow yoga          | Liz O'Dea     |

### Pilates on Maple Lawn (30 minute classes)

| TIME  | DETAILS   |
|-------|---|
| 7am   | Spinal Awakening: Waking up the body by focusing on spinal movements  |
| 8am   | Pilates Stretch: Lengthening muscles that inhibit free movement       |
| 9am   | Sore Core: Intensive Core Workout                                     |
| 10am  | More Core: This session will test your strength and endurance         |
| BREAK |   |
| 12pm  | Legs: You have never trained your legs like this                      |
| 1pm   | Pilates Cardio: Get your heart pumping during this fast-paced session |
| 2pm   | Centred: Let's finish the day by optimising our posture and mindset   |

Instructor: Helen O' Donovan

### Forest Bathing on the Dutch Steps

| TIME              | DETAILS   |
|-------------------|---|
| 9.30am to 11.00am | Embrace a Forest Bathing Experience with lifestyle GP Dr. Mark Rowe |
| 11.30am to 1.00pm |   |

(Limited Spaces)  
Not suitable for those with low mobility.

### Wellness Talks & Experiences in The Ambrose Room

| TIME | DETAILS  |
|------|--|
| 9am  | An interactive talk on the healing power of sound with Tidal Soul Wellness   |
| 10am | Discover how houseplants can transform your well-being with Louise Ryan from Sunfleck                                      |
| 11am | The Chilling Challenge: Climbing a Snowy Peak in Shorts & a Sports Bra with Marta Vera                                     |
| 12pm | Join award-winning transformational coach, mentor, and personal development expert Tara Rafter to discuss personal growth. |
| 1pm  | Headline speaker Sonya Lennon shares her inspiring journey under the theme 'Just Start'                                    |
| 2pm  | The Little Things: Simple Steps to a Happier, Calmer Life with John Lonergan and Caroline Crotty                           |

### Qigong on Beech Lawn (50 minute class)

| TIME             | DETAILS  |
|------------------|--|
| 9am, 10am & 12pm | Awaken Your Energy: Qigong for Inner Balance with Hellen Kang-Griffith |



## SUNDAY PROGRAMME

### Yoga in the Walled Gardens (30 minute classes)

| TIME   | DETAILS                      | INSTRUCTOR      |
|--------|------------------------------|-----------------|
| 7am    | Early Morning gentle Stretch | Ca O'Donohoe    |
| 8am    | Gentle Hatha                 | Padraig Donovan |
| 9am    | Hatha flow yoga              | Rachel O Keeffe |
| 10am   | All levels flow              | Eamonn Rocket   |
| BREAK  |                              |                 |
| 12pm   | Midday breath & balance flow | Martina Avery   |
| 1pm    | Breathe, stretch & connect   | Annmarie Quaid  |
| 2.15pm | Yoga flow                    | Ca O'Donohoe    |

### Pilates on Maple Lawn (30 minute classes)

| TIME  | DETAILS   |
|-------|---|
| 7am   | Meditative Moves: Connecting the mind and body through Pilates movements  |
| 8am   | Back Attack: Strengthen and Shape your upper and lower back   |
| 9am   | A Little Bit of Everything: Full-Body workout   |
| 10am  | Arms Race: This session will target the arms, particularly the back of the upper arms   |
| BREAK |   |
| 12pm  | Relax & Release. Gentle opening of the shoulders and hips. With a gentle stretch of the muscles to release the bodies built up tension. |
| 1pm   | Rock, Roll and Rotate: A series of Pilates movements that focus on articulating and strengthening the spine                             |
| 2pm   | Flex & Flow: A class that combines flowing movement to strengthen and stretch our bodies  |

Instructors: Helen O' Donovan 7am - 10am, Teresa Keith 12pm - 2pm.

### Forest Bathing on the Dutch Steps

| TIME              | DETAILS   |
|-------------------|---|
| 12.30pm to 2.00pm | Embrace a Forest Bathing Experience with lifestyle GP Dr. Mark Rowe |

(Limited spaces)  
Not suitable for those with low mobility.

### Wellness Talks & Experiences in The Ambrose Room

| TIME  | DETAILS   |
|-------|---|
| 9am   | Dr. Mark Rowe: Medical Doctor, Author, Tedx Speaker, Expertise in Burnout Prevention & Lifestyle Medicine. Unplug With Forest Therapy |
| 10am  | Jean-Baptiste (JB) Dubois – As Head Chef of The Stables Café, JB shares insights on mindful cooking and mindful eating                |
| BREAK |   |
| 12pm  | Colman Power – Explore Gut Health & Organic Foods with Waterford native Colman  |
| 1pm   | Ca O'Donoghue: Seated Meditation: A journey of inner peace  |
| 2pm   | Magic & Medicine in your garden with Feebee Foran of the Forager  |

### Qigong on Beech Lawn (50 minute class)

| TIME       | DETAILS  |
|------------|--|
| 9am & 10am | Awaken Your Energy: Qigong for Inner Balance with Hellen Kang-Griffith |

### Fitness Class on Bellgate Lawn

| TIME | DETAILS  |
|------|--|
| 11am | Join Karl Henry, Ireland's most recognised personal trainer and fitness expert, for a high-energy movement class designed to elevate your mood and motivation. |





## Take a Break & Explore Our Walks

### Woodland Garden Walk (55 minutes)

Stretch your legs, fill your lungs with fresh air as you meander through woodland paths lined with spectacular collections of camellias, magnolias and rhododendrons.

### Fragrant Walk (20 minutes)

Accessible to all our visitors, enjoy year-round, ever-changing fragrances as you journey through varied plant collections and glimpse the woodland garden to the west and walled garden to the east.

### Walled Garden Walk (30 minutes)

Discover how herbs, vegetables and fruit trees are grown on an easy stroll through the kitchen garden; enjoy expanses of soothing green lawn and flowering trees around the pleasure garden.

## Café and Shop

The Stables Café is the perfect place to enjoy a meal with friends, or just sit and watch the world go by. We serve only the freshest of local produce and, where possible, seasonal fruit, vegetables and herbs from our kitchen gardens.

FOXFORD at Mount Congreve is more than just a gift store. Located in the heart of our beautiful restored courtyard, FOXFORD offer a unique range of gift ideas for any occasion, including beautiful textiles that complement the breathtaking landscape.

**Restival ticket holders receive 10% off any purchase in the FOXFORD Gift Shop.**  
(excludes food & beverages)

*"I want to stay here forever, my hands in the earth of this earth."*

*"Lie here and soak up the wind in the trees. Lie here and bathe in a river of leaves."*

*"Listen to the conversations trees are having with each other, with the wind and the sky and the earth."*

**John Muir**

Become a member to enjoy year round access to the gardens. Visit - [www.mountcongreve.com](http://www.mountcongreve.com)

**In an emergency call 999/112**

Please do not smoke or light fires in the gardens. Mount Congreve Gardens are not liable for loss or damage to property. Only Registered Guide Dogs are permitted in the gardens.



This event is generously sponsored by Waterford City and County Council, in partnership with Visit Waterford.



# Restival Festival



[WWW.MOUNTCONGREVE.COM](http://WWW.MOUNTCONGREVE.COM)