



Programme Cork Vegfest 2017

Millennium Hall		Foyer	
10:30-11:30	Yogandha yoga class: <i>fragrant yogic ritual followed by a gentle flow and deep relaxation</i>	11:00-12:00	Virginia O'Gara / My Goodness: <i>How to Harness Your Inner kimCHI, a Hands on Fermentation Experience (food demo)</i>
12:00-13:00	Glauce Lucas / All About Vegan Food: <i>Raising Vegan Children: We're Doing It Right</i>	12:00-13:00	Ciara Norton / Vegan Mammy: <i>Vegan Cooking for Kids (food demo)</i>
13:00-14:00	Ailis Brosnan / Your Healthy Living Coach: <i>Powered by Plants - the health benefits of a plant-based diet.</i>	13:00-14:00	Ines Khai: <i>Creole Blues from Guadeloupe (music)</i>
14:00-15:00	Fiona Oakes / vegan ultra-athlete: <i>A lifetime for the animals</i>	14:00-15:00	Siân Brown (music)
15:00-16:30	Patrik Baboumian / The Vegan Badass, strength athlete		
16:30-17:30	Lightning Talks <i>learn about the work of vegan groups and projects in short 10-minute presentations</i>	16:00-16:30	Calm State (music)
		16:30-18:00	Vegan Everyday Stories (movie)

Wishing you a fantastic day...



A0	Dee's Wholefoods	D1	Shine Mixes Ireland
A1	Quay Co-op	D2	Bliss Bites
A2	Juice Heads	D3	Clotilde's Fruit Compote Ltd
A3	Roaring Water Sea Vegetables	D4	Little Green Leaf
A4	PAWs	D5	Cork Vegans
A5	Vera Miklas	D6	VIP
A6	Schull and crossbones	E1	Iswari Ireland
B1	Art Of Zen Foods	E2	Dream Milks
B2	Wellnice Pops	E3	Sonett Ireland
B3	LubDub Foods	E4	Natasha's Living Food
B4	My Goodness Foods	E5	Vegan Ireland
B5	Miam Bakery	E6	Back Into Daylight Animal Sanctuary
B6	Patrik Baboumian	F1	Helen Costelloe's Healthy Choices
C1	Bia Beauty	F2	CNM
C2	Yourtonic	F3	The NutCase Food Co
C3	Magic Mayan	F4	The Cinnamon Fiend
C4	Bend In the Barrow	F5	Oh! Naturelle
C5	Fiona Oakes	F6	Yogandha
C6	Ailis Brosnan	F7	The Green Kiwi Coffee



Eglinton street

Terrence McSwiney Quay
River Lee

INFORMATION POINT

ENTRANCE HALL

FIRST AID POINT

Millennium Hall

Atrium space

Foyer

Chill Zone

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LADIES

Baby Change

LADIES

GENTS

Baby Change

TO MILLENNium Hall

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