

thursday

april 6

3pm

BARA House, Glengarriff Road,
Bantry

**What Can Bantry Library Offer
You?**

The library's facilities explained by Noel
O'Mahony, Librarian.
Booking Essential.
T 027 50014

2pm – 4pm

St Gobans, Seskin, Bantry

Cake and Cookies

Baking demonstration with Mary O'Shea.
Improve your baking skills and share
recipe ideas over a coffee.
Booking Essential.
T 086 8239089

4.30pm – 6.30pm

St Gobans, Seskin, Bantry

**Introduction to Forging – make
your own poker to take home!**

Learn the basic skills of forge work with
Jason O'Shea.
Booking Essential.
T 086 8239089



friday

april 7

11am

Bantry Library

**Friday's Gift: A Talk on Meditation
and Yoga with Mariananda**

Live life more fully. Not just
mind-fully but heart-fully and soul-fully.
Come and learn some valuable self-help
tools for everyday living.
Booking Essential.
T 027 50460



Explore Create Celebrate



SOLAS

QQI



European Union



BANTRY
2017



Monday 3 – Friday 7 April 2017

Explore Create Celebrate

Programme Free

All Events Free

A Chairde

It is a pleasure to welcome you to **Bantry Lifelong Learning Festival**, a week-long event devoted to the exploration and celebration of learning.

The festival's motto of *Explore Create Celebrate* is very evident this week in Bantry and in the various learning festivals throughout Cork county.

With an emphasis on celebration, the festival highlights the fact that learning is no longer seen as something that happens only in classrooms – it is a process which happens in many settings and throughout life.

It is an opportunity for people of all age groups and cultures to showcase their work and to explore new avenues. It also highlights the power of community endeavour and good will.

The festival has something for everyone, so please join us and celebrate this diversity of learning, artistic expression and its potential for creating change.

My sincere thanks to all those involved in organising the festival.

Comhghairdeachas
Le gach dea-ghuí

Ted Owens
Chief Executive
Cork Education & Training Board

Explore Create Celebrate

monday

april 3

11am – 1pm

St Gobans, Seskin, Bantry

Pencil & Watercolour – Definition and Fluidity with Stephanie Donovan

Learn various drawing and watercolour techniques and explore how both of these media can be combined. All levels of experience welcome! Booking Essential.

T 086 8239089



tuesday

april 4

9.30am – 5.30pm

Tuesday – Saturday

The Library, Bantry

Preserving Tradition

An exhibition of work from the men's groups in the Comhola, Borlin and Maolach Valleys, Kealkill and Glengarriff.

T 086 7261086 Anne

11am – 1pm

St Gobans, Seskin,
Bantry

Plants for Free with Ron De Bruin

Learn how to produce plants from cuttings using different propagation methods. Booking Essential.

T 086 8239089



12:05pm – 12:50pm

Life Balance Yoga, Bantry Holistic
Centre, Upper Main Street

Yoga for Calming the Mind with Erin Kelly Ashworth

Guided centring/meditation, pranayama, warm ups, gentle flow, seated posture, Savasana/relaxation. Booking Essential.

T 086 2080762

www.bantryholistic.com

2pm – 4pm

St Gobans, Seskin, Bantry

Create a Greeting Card or Poster using Desktop Publishing

Booking Essential.

T 086 8239089



2pm – 3pm

St Gobans, Seskin, Bantry

Light Your Path to Empowerment

Participants will explore mindfulness, meditation, stress relieving techniques and healing for the heart and soul.

Booking Essential.

T 086 8239089

2pm – 4pm

Bantry Yarns and Tea Rooms, New
Street, Bantry

Improve Knitting and Crochet Skills

Have fun with others learning a new craft.

wednesday

april 5

10am – 1pm

St Gobans, Seskin, Bantry

Introduction to Digital Photography

Bring along your camera or smart phone. Take photos of Bantry.

Learn about composition and light and learn a little about editing.

Booking
Essential.

T 086 8239089



1.30pm – 4.30pm

St Gobans, Seskin, Bantry

Wood Turning with Maurice Holly

Wood you believe that, the capacity to learn is a gift, the ability to learn is a gift,



Booking Essential.

T 086 3604166



1.30pm – 4.30pm

Carving in Stone with Victor Daly

An introduction to the basic tools and techniques involved in cutting letters in stone. Booking Essential.

T 086 8239089

the willingness to learn is your choice.
What a gift! Booking Essential.

T 086 8239089

2pm – 3pm

Bantry Boys Club

Introduction to Yoga and Mindfulness with Noreen McGrath

Gentle introduction to basic yoga movements and breath. This will be followed by simple mindfulness, meditation techniques and ideas for mindfulness in the real world.

Booking Essential.

T 086 1012100

www.yogabantry.com