



# Elements of Change

A festival to reimagine our future  
to sustain happier, healthier communities

29th June 2019 | €12 | Under 16's free

First programme release

Venue:	Amphitheatre	Expressing Change	Tar Abhaile	Cultivate tent	Bell tent	Field and other areas
Theme;	Performance	Movements, generations & expressions of change	Coming home to the land, crafts, natural products and rewilding	Community Resilience & Meaningful Livelihoods	Quiet & Open Space / Regenerative area	
	Branwen	Lorna Gold - Climate Generation	Foraging walk	Feeding Ourselves	6-8yrs old Mindfulness	Food stalls, sustainability organisations & crafts
	Ita Didge	Youth for Sustainable Development - EcoUnesco	Tea ceremony	Mark Boyle - Rewilding & Reconnecting	8-10yrs old Mindfulness	Food over the fire
	Earthman Bob	Open Space	Storytelling	Open Space	Open Space	Sprouting & Superfoods
	SpeakEATsy with Rob Hopkins, Lorna Gold & Extinction Rebellion	Creative Fair	Wisdom of place - medicinal plant walk	Real Bread	Art space	Ultimate Frisby
	Kiruu	Theatre for Change	Natural Art	Superhomes		Volleyball
	Mel White	Dance, Move, Express	Cooking with foraged food	Sustainable Tipperary		Ecovillage tour
	Nicantsaoi	Drumming Extraveganza	Ita Didge's Didgeridoo workshop			Community Farm tour
	Cloughjordan Youth		Natural Sounds Jam Session	Community Energy		
			Planting & Rewilding			
			Weaving, eco dying, crafts			
			Tea bar, personalised tea blending			

\*Many workshops are open to all ages, full programme on [cultivate.ie](http://cultivate.ie) soon with times and further changes.