

# PROGRAMME

August 29th–Sept 1st, 2024

**TRACTON** FESTIVAL 2024  
MUSIC AND ARTS

The festival evening concerts and Sunday Sessions only, will be BYOB events. Non-alcoholic drinks and snacks will always be available to buy.

## THURSDAY

6.30 pm, Corrigan Room Gallery, Tracton Artists' Exhibition and Festival opening sponsored by Stonewell, to mark the 9th Tracton Music and Arts Festival, and 15th Tracton Artists' exhibition. ALL WELCOME

The exhibition will run daily over the weekend, 11 am–5 pm and 7–9 pm

**Tracton Incognito: €25** for original postcard sized artworks, on show on the mezzanine all weekend, after which a blind raffle will take place. Every ticket guarantees a piece of art but which one you win, will be a surprise.

**Raffle: €5**  
Your chance to win a beautiful framed batik by Carmel Smyth, with runner up prizes too...

**8 pm, Martin Hayes in concert, Stretch Tent, €28**  
We are delighted to welcome back our patron and Master of Tradition to perform on the opening night of the festival.

6.30–10.30 pm  
Refreshments and pizza available. BYOB + donation

## FRIDAY

11 am–5 pm and 7 pm–9 pm Exhibition, Corrigan Room Gallery  
Tracton Artists live and work within a five mile radius of Tracton Arts & Community Centre. Work on show includes painting, photography, batik, ceramics, jewellery and more.

4.30 pm, Film: **The Secret of Kells, Inkwel Theatre, €5**  
Three time Academy award nominated, **Cartoon Saloon** presents this wonderful animated movie, directed by **Fabian Erlinghauser**. Suitable for children and adults alike.

7 pm, **Trawled: When adventure becomes survival, Inkwel Theatre, 16+, €15**  
A one-man, award winning bio-drama. A jaw dropping true story set on the Coral Sea, Australia, performed by **Eoin Ryan**.

8.30 pm, **The 4 Of Us in concert, Stretch Tent, €30**  
Known for their distinctive sound that seamlessly blends rock, folk, and pop influences, The 4 Of Us has been captivating audiences for over three decades with their soulful melodies and compelling lyrics.

11 am – 4 pm  
Light refreshments available.

6 – 10.30 pm  
Non-alcoholic/soft drinks, and hot food available. BYOB + donation

## SATURDAY Wellness Day

### Inkwel Theatre

9.45 am–11 am  
Women's circle morning meditation with **Laura Hosford** of the Wellness Hub, €15

11.15 am–12.45 pm  
Tai Chi Qigong for health & wellness with **Pam Skinner**, €18

2–3.30 pm  
Blissful Sound Bath with **Vicky Phelan** of Gaia Soul Sounds. Immerse yourself in a deeply restorative practice, gently lulled by healing sounds and vibrations, €25

5–6.30 pm  
Celtic Kirtan, enjoy the sanctuary of peace, unity and sacred sound with **Eileen Bray**, €28

### Buckley Room

10 am–11 am  
Breath-work with **Cheryl Roberts**. Learn to be aware of your breath – how you use it to help with stress, anxiety, relaxation & sleep, €15

11 am–1 pm  
Yin Yoga with **Karyn Wilson Ryan**. A gentle practice that is grounding, relaxing & cooling, €18

1.30–3 pm  
Heart opening Cacao ceremony with **Marie Healy**. Enjoy a beautiful healing as you sip & connect with the warm healing properties of mama Cacao. **Marie Healy**, €30

3.30–4.30 pm  
Hatha flow Yoga with **Hazel Moon**. Stretch, strengthen and relax, €15

### Green Room

10 am until 3 pm  
25 minutes of healing back, neck and head massage. Feel relaxed and renewed in a calm and private setting with aromatherapist and herbalist, **Jessica O'Loughlin**. €25

Booking is essential for all events.

11 am–5 pm and 7–9 pm, Tracton Artists' Exhibition, Corrigan Room Gallery

10 am–12 noon  
**Printing Workshop with Jane Skovgaard, in Large Marquee €25**  
Learn about an unusual type of mono-printing using silk screen, dye and crayon, with Jane, artist and teacher. All materials supplied, bring plastic gloves.

10 am–2 pm  
**Canoe trip and BBQ lunch. Max 10 participants, 10 yrs+, €70**  
Mick Hoey, fisherman and forager will guide you down the Minane river in Canadian Canoes, enchant you with his knowledge and cook wild lunch on the river bank.

3 pm, **The Yershovy Sisters, Stretch Tent, €15**  
A repertoire including an energising and exciting mix of Classical, Ukrainian and Irish music played by an extraordinarily talented young family of sisters.

8 pm  
**Luka Bloom in concert, Stretch Tent, €26**  
Armed with an acoustic guitar and a bag full of original songs we are delighted to welcome Luka Bloom back.. Special guest, singer songwriter, **Eoin Jordan**.

11 am – 4 pm  
Tea, coffee, soft drinks & snacks available

6–10.30 pm  
Non-alcoholic/soft drinks and hot food available. BYOB + donation

## SUNDAY Family Day

10 am–2 pm  
**Canoe trip & BBQ lunch. Max 10 participants, 10 yrs+, €70**  
**Mick Hoey**, fisherman and forager will guide you down the Minane river in Canadian Canoes, enchant you with his knowledge and cook wild lunch on the river bank.

10.30–11.30 am, **Ancient Traditions into a Modern World, Inkwel Theatre, €10**  
**Philip Gray**, extreme artist will give an illustrated talk and demonstration of his recent artistic adventures in Papua New Guinea.

12 noon–1 pm, **Stomping at Tracton, Buckley Room, 5–9 yrs, €5**  
An active music workshop so be ready to play, sing, dance and create music with multi-instrumentalist, composer and teacher, **Ruti Lachs**.

1–2 pm, **The Joy of Bubbles, Inkwel Theatre. €12/€8**  
Experience the best in soap bubble entertainment. Join **Ray Bubbles**, International Bubbleologist and Guinness World Record Holder. Help him in his quest to complete the bubble game and make the ultimate bubble.

### FREE EVENTS :

- 11 am–5 pm, Tracton Artists' Exhibition in Corrigan Room Gallery.
- 12 noon–4 pm, Craft stands, a selection of wonderful craft on sale in Large Marquee.
- 12 noon–5 pm, Intuitive collaborative community painting, Everyone invited to make your mark and capture a moment in time with facilitator, **Terry Datson**.
- 1–3 pm, Brush Calligraphy. **Niall Marron** will offer to make a free calligraphy 'name' scroll for a loved one, a parent, grandchild, pet etc. Participate if you like or just watch demo.
- 12 noon–5 pm, Sunday Sessions, Stretch Tent – a great afternoon in store with a wide variety of musical acts taking to the outdoor stage.
- 2–4 pm, Drop in kids print class– Small Marquee, discover the magic of printing using markers, sprays and tinfoil with **Laura Hosford**.
- 2–3 pm, Artist, **Dorothee Roberts**, Corrigan Room Gallery, will demonstrate how to paint reflections in the water using acrylics.
- 2.30 pm, Giant Bubble making. Have a go at making a giant bubble with bubbleologist, **Ray Bubbles**.

4 pm, **Snatch Comedy, Inkwel Theatre. €12/€8**  
A family friendly sketch comedy show with a difference... the sketches are made up on the spot! The audience is asked for ideas which are then turned into scenes like magic. It's unpredictable and ridiculous. Snatch have been performing for over 20 years, and never done the same show twice!

8 pm, **Clare Sands and band in concert, Stretch Tent, €25**  
A sixth generation fiddler and bilingual singer from Cork, Clare channels the music of her ancestors, weaves traditional roots with contemporary sounds and influences, embodying a fearless warrior-like spirit. A wild night in store to close the festival. Special guest, **Muireann Ní Shé**, uilleann piper, singer and multi-instrumentalist.

10 am–12 noon  
Light refreshments available

12 noon–5 pm  
Tea, coffee, non-alcoholic/soft drinks, snacks, ice-cream, pizza and hot food available. BYOB

7–10.30 pm  
Non-alcoholic/soft drinks and hot food available, BYOB + donation