



# APRIL 2024 PROGRAMME

(Regular classes plain text, events/workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>					11am-1pm INDIAN DANCE classes with SWARA	9am IYENGAR YOGA with MAURA  10.30am PILATES with AIMEE  10am-1pm INDIAN DANCE classes with SWARA
10am VINYASA FLOW YOGA with VALERIE  10am MUM & BABY YOGA with WIEBKE	8am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE	<b>IYENGAR WORKSHOP</b> with AISLING 10th 10-1pm	10.30am MOVING MAMAS with KERRY	7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE	<b>FUNDAMENTAL BREATHING</b> with ALEX 13th 9-10.30am  <b>YOGA WORKSHOP</b> with CLAIRE 20th 10.30-1pm	<b>WIM HOF METHOD FUNDAMENTALS</b> with ALEX 14th 11-3pm  <b>KIRTAN</b> with JULIE & VIC SUNDAY 14th 7-8.45pm  <b>KIDS KIRTAN</b> with JULIE & VIC SUNDAY 21st 3-4pm
<b>EMMETT TRAINING</b> with TRIONA 8th & 9th all day	11.30am YOGA with SUSAN  11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	Through the week <b>COUNSELLING</b> with PAULINE, KATE, CLAIRE, LILY or MAIRGHRÉAD		
6pm GENERAL YOGA with RACHEL  6.15pm YOGA (BEGINNERS +) with DIANA  6.30pm ALL LEVELS YOGA with LUCIE	6pm IYENGAR YOGA with CLAIRE  6pm ALL LEVELS YOGA with LUCIE  6.15pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE  6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with CLAIRE  6pm JIVAMUKTI YOGA with STEVEN	6pm FRIDAY SLOW FLOW with ALLY		
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  7.45pm INTRO TO SHAMANISM with BRIAN <b>OR</b> 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFUL MEDITATION with FIONA  7.30pm IYENGAR YOGA with CLAIRE  <b>YIN YOGA</b> with LUCIE on MONDAY 8th 7.45-9pm	7.45am YOGA CLUB with OONAGH  <b>FLOW DANCE MEDITATION</b> with JEN monthly 17th 8.15pm	7.30pm BEGINNERS YOGA with WILLIAM  7.30pm AERIAL YOGA with SANDRA  7.30pm MOVE TO HEAL with ROSE	<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 12th 7-8.30pm  <b>ECSTATIC DANCE</b> with JULIA & JAMES 19th 7.50-10pm  <b>AERIAL RELAX</b> with SANDRA 26th time tbc		

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