



APRIL 2024 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					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	IYENGAR WORKSHOP with AISLING 10th 10-1pm	10.30am MOVING MAMAS with KERRY	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	FUNDAMENTAL BREATHING with ALEX 13th 9-10.30am YOGA WORKSHOP with CLAIRE 20th 10.30-1pm	WIM HOF METHOD FUNDAMENTALS with ALEX 14th 11-3pm KIRTAN with JULIE & VIC SUNDAY 14th 7-8.45pm
EMMETT TRAINING with TRIONA 8th & 9th all day	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE			
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	Through the week COUNSELLING with PAULINE, KATE, CLAIRE, LILY or MAIRGHRÉAD		
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 7.45pm INTRO TO SHAMANISM with BRIAN OR 8pm GONG BATH with SOUNDHENG IRELAND (fortnightly)	7.15pm MINDFUL MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE YIN YOGA with LUCIE on MONDAY 8th 7.45-9pm	7.45am YOGA CLUB with OONAGH FLOW DANCE MEDITATION with JEN monthly 24th 8.15pm	7.30pm BEGINNERS YOGA with WILLIAM 7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE	6pm FRIDAY SLOW FLOW with ALLY DRUM CIRCLE with CURIOUS COMMUNITY 12th 7-8.30pm ECSTATIC DANCE with JULIA & JAMES 19th 7.50-10pm		

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Private bookings and therapies available