



# APRIL 2025 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>						
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA	10.30am GENTLE BREATH-LED YOGA with MAGGIE	7.30am OPEN PRACTICE YOGA	7.15am CORE YOGA with EVA		9am IYENGAR YOGA on teaching rota
<b>EMMETT TRAINING</b> with TRIONA 14th & 15th 9-5pm	10am IYENGAR YOGA with CLAIRE	<b>IYENGAR WORKSHOP</b> with AISLING or CLAIRE 9th / 23rd	9.25am ACTIVE YOGA with RACHEL	10am IYENGAR YOGA with CLAIRE		10am HYPNOBIRTHING with NATALIE
	11.30am HATHA YOGA with SUSAN		10.35am CHAIR YOGA with RACHEL			10.30am PILATES with AIMEE
	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	<b>REFLEXOLOGY</b> with KAREN during day	<b>FIRST AID TRAINING</b> with PARAGON HEALTH CARE ACADEMY 5th 10-5pm	<b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 6th 5.30-7pm
6pm GENERAL YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE	6pm ACTIVE YOGA (BEGINNERS) with RACHEL	6pm BEGINNERS IYENGAR YOGA with ANNAMARIE	Through the week <b>COUNSELLING</b> with MAIRGHRÉAD, KATE, CLAIRE, LILY or MARGARET	<b>WHM BREATHING CLASS</b> with ALEX 26th 9-10.30am	<b>KIRTAN</b> with JULIE & VIC SUNDAY 13th 7-8.45pm
6.15pm YOGA (BEGINNERS +) with DIANA	6pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE	6pm JIVAMUKTI YOGA with STEVEN		<b>REIKI TRAINING</b> with DEBI 26th 9-5pm	
6.30pm YOGA FOR ATHLETES with LUCIE	6.30pm YOGA with CRAIG	6pm GENTLE YOGA with JO				
7.30pm AERIAL YOGA with SANDRA	7.15pm MINDFULNESS MEDITATION with FIONA	7.15pm BREATHING with ALEX	6.30pm VINYASA FLOW YOGA with TANYA	6pm YOGA FOR MEN with Tom	<b>IYENGAR WORKSHOP</b> with CLAIRE 26th 10.30-1pm	
7.40pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE	7.25pm ACTIVE YOGA with RACHEL	7.30pm AERIAL YOGA with SANDRA	<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 11th 7-8.30pm		
7.45pm SHAMANISM <b>OR</b> 8pm GONG BATH with BRIAN / SOUNDHENG IRELAND	7.45pm BOLLYWOOD DANCE with DEEPIKA		7.30pm MOVE TO HEAL with ROSE		<b>YIN YOGA</b> with LUCIE MONDAY 14th 8-9pm	<b>HYPNO BIRTHING TASTER</b> with NATALIE TUESDAY 1st 8-8.45pm

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Private bookings and therapies available