



AUGUST 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN	10.30am GENTLE BREATH-LED YOGA with MAGGIE PEACE WALK with LORAG 6th 12.30-1.45pm	JAPANESE HEAD SPA TRAINING with JAPANESE HEAD SPA CO. 7th 10am-3pm	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE REFLEXOLOGY & MASSAGE with KAREN	IYENGAR YOGA WORKSHOP with CLAIRE 2nd 9.30am-12pm MIND-BODY SPA with CLARE 16th 2-5pm	9am IYENGAR YOGA on teaching rota 10.30am PILATES with AIMEE 11am SUNDAY STRETCH & SOOTHE with CATHY
IYENGAR YOGA SUMMER SCHOOL with AISLING 10th - 15th 10-4pm	11.30am CHAIR YOGA with CLAIRE		SHIATSU CLINIC DAY with KATHLEEN 14th 11-5pm			
6pm GENERAL YOGA with RACHEL FLOW & RESTORE with DIANA 11th 6.15-7.15pm 6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE	6pm MOVE TO HEAL with ROSE 6pm GENTLE YOGA with JO	6pm IYENGAR YOGA (level 1 active) with ANNAMARIE	Through the week COUNSELLING with MAIRGHRÉAD, KATE, SIOBHAN or MARGARET		IYENGAR YOGA WORKSHOP with RACHEL 10th 9.30-12pm CHILDREN'S HOSPICE YOGA & NIGERIAN FOOD FUNDRAISER 23rd 9-3pm
7.40pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE 7.45pm BOLLYWOOD DANCE with DEEPIKA		7.30pm MOVE TO HEAL with ROSE YIN YOGA with LUCIE 7th 7.30-8.30pm			

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Private bookings and therapies available