



AUGUST 2026 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					10-11am VINYASA FLOW with MAIREAD 10.30am PILATES with AIMEE 12pm SUNDAY STRETCH & SOOTHE YOGA with CATHY ----- MYOFASCIAL ENERGETIC RELEASE with GUILLAUME 8th 9-6pm DEEPENING PRACTICE #3 with CLAIRE 15th 10-1pm BREATH & BELONG with JULIE 9th 3-5pm SOUL ALIGNED CIRCLE with NIAMH 9th 6-7.45pm SUNDAY REST & RESTORE with CATHY 30th 12-1pm	
10am IYENGAR YOGA with CLAIRE	9am MORNING RESET with PORTIA 11.30am HATHA YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE	10.30am GENTLE BREATH LED YOGA with MAGGIE	10am IYENGAR YOGA with CLAIRE	10am IYENGAR YOGA with CLAIRE 10.30am CHI ME with MAGGIE		
	Through the week THAI YOGA MASSAGE with STEVEN Through the week COUNSELLING with ANNE, KATE, KRISSEY, LILY, MARGARET & SIOBHAN IYENGAR YOGA SUMMER SCHOOL with AISLING 10-14th 10-4pm daily			SHIATSU CLINIC with KATHLEEN 7th 12-5pm		
6pm IYENGAR YOGA with CLAIRE 6.30pm HATHA YOGA - with LUCIE	6pm IYENGAR YOGA with CLAIRE	6pm GENTLE YOGA with JO	6pm IYENGAR YOGA with ANNAMARIE	6pm YOGA FOR MEN with TOM		
7.45pm IYENGAR YOGA with CLAIRE	7.30pm IYENGAR YOGA with CLAIRE		7.30pm EVENING YOGA with OLIVIA	7pm YIN YOGA & YOGA NIDRA with LUCIE		

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Private bookings and therapies available