



DECEMBER PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					10am JIVAMUKTI BASICS with STEVEN	10.30am PILATES with AIMEE
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN STUDIO with CLAIRE	10am HATHA YOGA with SUSAN	7.30am OPEN STUDIO with CLAIRE	7.15am CORE YOGA with EVA	11.30am JIVAMUKTI OPEN with STEVEN	1pm & 2pm TAI-CHI (Levels 1 & 0) with JULIE-ANNE
11am ART THERAPY with ROSIE	10am IYENGAR YOGA with CLAIRE (beg)	TEACHERS' CLASS with AISLING 19th 10-1pm	10am IYENGAR YOGA with CLAIRE (gen)	11am TAI-CHI (Level 0) with JULIE-ANNE	9.30am HYPNOBIRTHING with JOSEPHINE	7pm YIN YOGA with PATRICIA
	11.30am HATHA YOGA with SUSAN	12.30pm CORE YOGA with EVA	1-3pm LIFE DRAWING with SKYE	1pm TAI-CHI (Level 2) with JULIE-ANNE	1st SATURDAY GROUP LIFE DRAWING 1st 10-2pm	YOGA FUNDRAISER FOR COMMUNITY RESCUE SERVICE with CLAIRE 2nd 11-12.30pm
5.45pm IYENGAR YOGA with RACHEL (general)	5.45pm HATHA YOGA with TOM	5.45pm CORE YOGA with EVA	5.45pm IYENGAR YOGA with CLAIRE (intermediate)	6pm IYENGAR YOGA with MAURA (general)	FAMILY YOGA with TORY 8th 3-4pm	MINDFUL SELF COMPASSION with BRIDGEEN 9th 10.30-12.30pm
6pm YOGA with TRACY	6pm VINYASA FLOW with DANIELLE	6pm IYENGAR YOGA with CLAIRE (beg/gen)	DECEMBER RESTORATIVE YOGA with Claire 20th 5.45-7.15pm	SACRED SPACE, SACRED SOUND with TESSA & MELISSA 14th 7-10pm	BELLYDANCE ACADEMY FAMILY HALFA 8th 5.30-8.30pm	CALM FOR CHRISTMAS with JULIE 16th 10.15-12.15pm
6.15pm PILATES with CHRISTINE	6.30pm PILATES with JEKATERINA	6pm YOGA with RACHEL (beginners)	6.15pm INTRO TO IYENGAR YOGA with ANDREW		LAUGHTER YOGA with MONICA 15th 11-12pm	JIVAMUKTI CHAKRA REVOLUTION with STEVEN 16th 2-4.30pm
RESTORATIVE YOGA with RACHEL 17th 7-9pm	7pm MINDFULNESS FOR LIFE with VERONICA	7pm BELLYDANCE with JEN			WINTER FUN STUDENT SHOWCASE with JEN BELLYDANCE 15th 7.30-8.30pm	MEET TO MEDITATE with FIONA 16th 4.45-6pm
7.30pm YOGA with RACHEL (beginners)	DECEMBER RESTORATIVE YOGA with Claire 18th 7.30-9pm	DECEMBER RESTORATIVE YOGA with Claire 19th 6-7.30pm	7.15pm PREGNANCY YOGA with MIRIAM	WINTER SOLSTICE SOUND BATH with TESSA 21st 7.30-9pm		CHARITY CHRISTMAS KIRTAN with JULIE & VIC 16th 7-8.30pm
7.45pm SHAMANISM or 8pm GONG BATH with SOUNDHENG IRELAND	7.30pm IYENGAR YOGA with CLAIRE (general)	7.30 IYENGAR YOGA with RACHEL (general)	7.30pm AERIAL YOGA with SANDRA	ASCENSION DANCE with TESSA 28th 7.30-10pm		
8pm AERIAL YOGA with SANDRA	PRE FESTIVE SEASON SOUND BATH with TESSA 4th 8-9.15pm	7.45pm VINYASA FLOW YOGA with OONAGH		FLY & RELAX with SANDRA 28th 7.30pm		
RELAXATION YOGA & SOUND BATH with TESSA 17th 8-9.30pm	FUNDRAISING SURFERS AGAINST SEWAGE with NAT 11th 8-9pm	8.15pm KUNDALINI ACTIVATION with RACHAEL	7.45pm IYENGAR YOGA with LOUISE (general)	8pm POWER YOGA with NAT		

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