



DECEMBER 2023 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					9am IYENGAR YOGA with MAURA	9am PRANAYAMA with RACHEL
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 6th 10-1pm	Through the week COUNSELLING with PAULINE, KATE, LILY or MAIRGHRÉAD	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	10am-1pm INDIAN DANCE classes with SWARA	10.30am PILATES with AIMEE 10am-1pm INDIAN DANCE classes with SWARA
EMMETT TRAINING with TRIONA Monday 4th & Tuesday 5th 9-5pm	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE				WINTER WORKSHOPS:	
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 6.15pm ACRO YOGA with LU 6.30pm SLOW MINDFUL FLOW with JULIE	6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN 6.30pm CONNECTED BREATH with MIKE		BEGINNERS WINTER WELL-BEING with RACHEL MONDAY 18th 7.15-8.30pm RESTORATIVE YOGA EVENING with CLAIRE TUESDAY 19th 6.30-8.30pm	FESTIVE KIRTAN with JULIE & VIC SUNDAY 3rd 7-8.45pm WIM HOF METHOD FUNDAMENTALS with ALEX SUNDAY 10th 11-4pm
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS BASED STRESS REDUCTION with FIONA 7.30pm IYENGAR YOGA with CLAIRE 7.30pm T'AI-CHI & QIGONG with DAVID	7.15pm WIM HOF METHOD BREATHING with ALEX 7.45pm YOGA CLUB with OONAGH 8pm YOGA NIDRA with JULIE	7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE FLOW DANCE MEDITATION with JEN 21st 7.45-8.45pm	DRUM CIRCLE with CURIOUS COMMUNITY 8th 7-8.30pm WINTER SOLSTICE GONG BATH with SOUNDHENG IRELAND 22nd TBC	REST WITH THE ELEMENTS with VERONICA & PADDY FRIDAY 28th 6.30-8.30pm	MOVE, REST, RESTORE with DIANA SUNDAY 17th 11-1pm WINTER WELL-BEING with RACHEL SUNDAY 17th 5.30-8pm

VISIT WWW.MAITRISTUDIO.NET OR FIND US ON SOCIAL MEDIA @MaitriStudioBelfast

Private bookings and therapies available