DECEMBER 2024 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						9am IYENGAR YOGA with MAURA **HYPNOBIRTHING with NATALIE 10-12.30pm** 10.30am PILATES with AIMEE
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN	**IYENGAR WORKSHOP with AISLING 4th 9.30-12.30pm**	10am HATHA YOGA with LISA	6.30am MYSORE ASHTANGA with GABRIELLA 7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE		
EMMETT TRAINING with TRIONA 9th & 10th	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE			
6pm GENERAL YOGA with RACHEL 6.15pm YOGA (BEGINNERS +) with DIANA 6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS YOGA with TOMEK 6.30pm ACRO YOGA with LU	6pm MOVE TO HEAL with ROSE 6pm MYSORE ASHTANGA with GABRIELLA 6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with ANNAMARIE 6pm JIVAMUKTI YOGA with STEVEN	Through the week **COUNSELLING** with PAULINE, KATE, CLAIRE, or LILY	**IYENGAR WORKSHOP** with CLAIRE 7th 10.30am-1pm	**SANGHA SITTING** with LEAVES OF ONE TREE MEDITATION GROUP 1st 5.30-7pm **TRADITIONAL DUNDUN & DJEMBE with SLI NA CROI** 8th 11am-4pm
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 7.45pm SHAMANISM with BRIAN **OR** 8pm GONG BATH with SOUNDHENGE IRELAND	7.15pm MINDFUL MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE	7.15pm BREATHING with ALEX 8.15pm ADVANCED SHAMANISM with BRIAN	7.15pm BREATH BODY MIND with CLARE 7.30pm MOVE TO HEAL with ROSE **SOLSTICE GONG BATH** with SOUND-HENGE IRELAND 19th 7.30-8.45pm	**YOGA FOR MEN TASTER** with Tom 13th 6-7pm **DRUM CIRCLE** with CURIOUS COMMUNITY 13th 7-8.30pm **WINTER SOLSTICE** with MAGGIE 20th 7-9.15pm	**ASHTANGA YOGA LED CLASS** with GABRIELLA 14th 9-10.45am	**KIRTAN** with JULIE & VIC SUNDAY 8th 7-8.45pm **WINTER WELL-BEING** with RACHEL 15th 6-8.30pm

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Private bookings and therapies available