



DECEMBER 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					MONTHLY MINDFULNESS GATHERING with VERONICA 6th 10.30-12.45pm	9am IYENGAR YOGA on teaching rota 10.30am PILATES with AIMEE 11am SUNDAY STRETCH & SOOTHE YOGA with CATHY
10am VINYASA FLOW YOGA with VALERIE 4.30pm DRAMA THERAPY with MEABH	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE	10.30am GENTLE BREATH-LED YOGA with MAGGIE IYENGAR WORKSHOPS AISLING 3rd 9.30-12.30pm	7.30am OPEN PRACTICE YOGA 9.25am ACTIVE YOGA with RACHEL 10.35am CHAIR YOGA with RACHEL BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE 10.30am CHI ME with MAGGIE SHIATSU CLINIC with KATHY 5th 11.45-5pm		SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 7th 5.30-7.30pm
6pm GENERAL YOGA with RACHEL 6.30pm HATHA YOGA - ALL LEVELS with LUCIE 7.40pm BEGINNERS YOGA with RACHEL	5pm DANCE THERAPY with LISA 6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS HATHA YOGA with TOMEK 6.15pm YOGA (BEGINNERS +) with DIANA	6pm MIXED / BEGINNERS YOGA with RACHEL 6pm MOVE TO HEAL with ROSE 7.25pm ACTIVE YOGA with RACHEL	6pm IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE 6pm JIVAMUKTI YOGA with STEVEN 6.15pm FIRESTAFF FLOW with STEVEN	6pm YOGA FOR MEN with TOM ----- Through the week COUNSELLING with CLAIRE, KATE, MAIRGHRÉAD & MARGARET		IYENGAR YOGA RESTORATIVE WORKSHOP with CLAIRE 14th 2.30-5pm FESTIVE KIRTAN with JULIE & VIC SUNDAY 14th 7-8.45pm
7.45pm AERIAL YOGA with SANDRA GONG BATH with SOUNDHENG IRELAND 8-9.15pm fortnightly	7.05pm MINDFULNESS MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE	7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE WINTER SOLSTICE GONG BATHS with SOUNDHENG IRELAND 17th 7.45pm & 9.30pm	7.30pm MOVE TO HEAL with ROSE YIN YOGA with LUCIE 18th 7.30-8.30pm	8pm TANGO with BELFAST TANGO SOCIETY DRUM CIRCLE with CURIOUS COMMUNITY 12th 7-8.30pm		CHRISTMAS REST & RESTORE with CATHY 21st 11-12pm WINTER SOLSTICE ~ GRIANSTAD AN GHEIMHRIDH with MAGGIE 21st 3-5.15pm

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Private bookings and therapies available