



# FEBRUARY 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>						
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE  11.30am HATHA YOGA with SUSAN	<b>IYENGAR WORKSHOP</b> with AISLING 5th 9.30-12.30pm  10.30am GENTLE BREATH-LED YOGA with MAGGIE	7.30am OPEN PRACTICE YOGA  9.25am ACTIVE YOGA with RACHEL  10.35am CHAIR YOGA with RACHEL	7.15am CORE YOGA with EVA  9.45am BABY MASSAGE with NATALIE  10am IYENGAR YOGA with CLAIRE	9am VINYASA FLOW YOGA with TANYA          <b>REIKI TRAINING</b> with DEBI 1st 9-5pm  <b>FIRST MOON PROJECT</b> with SARA 8th 11-1pm  <b>IYENGAR YOGA</b> with EILEEN 22nd 10-12pm & 1.3-4pm	9am IYENGAR YOGA with MAURA  10am HYPNOBIRTHING with NATALIE  10.30am PILATES with AIMEE    <b>IMBOLC</b> with MAGGIE 2nd 2-4.15pm  <b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 2nd 5.30-7pm  <b>VOICES IN MOTION</b> with ELISA 9th 2-4pm    <b>KIRTAN</b> with JULIE & VIC SUNDAY 9th 7-8.45pm  <b>KUNDALINI INNERDANCE</b> with RACHAEL 23rd 2-4.30pm
	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	<b>REFLEXOLOGY</b> with KAREN morning sessions		
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	6pm ACTIVE YOGA (BEGINNERS) with RACHEL  6pm MOVE TO HEAL with ROSE	6pm IYENGAR YOGA with ANNAMARIE  6pm JIVAMUKTI YOGA with STEVEN	Through the week <b>COUNSELLING</b> with MAIRGHRÉAD, KATE, CLAIRE, or LILY		
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  7.45pm SHAMANISM with BRIAN <b>OR</b> 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFUL MEDITATION with FIONA  7.30pm IYENGAR YOGA with CLAIRE	7.15pm BREATHING with ALEX  7.25pm ACTIVE YOGA with RACHEL  8.15pm ADVANCED SHAMANISM with BRIAN (fortnightly)	7.30pm AERIAL YOGA with SANDRA  7.30pm MOVE TO HEAL with ROSE	6pm YOGA FOR MEN with Tom  7pm YIN YOGA with PATRICIA  <b>INTRO TO FAMILY CONSTELLATION</b> with SARA 7th 6.30-8.30pm  <b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 14th 7-8.30pm		

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