



FEBRUARY 2026 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					Through the week	9am IYENGAR YOGA on teaching rota
10am GENTLE YOGA FLOW with VALERIE	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN	IYENGAR WORKSHOP AISLING 4th 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 10am IYENGAR YOGA with CLAIRE 10.30am CHI ME with MAGGIE	COUNSELLING with ETAIN, KATE, MAIRGHRÉAD & MARGARET ----- MIND-BODY SPA RETREAT with CLARE 7th 2-5pm MONTHLY MINDFULNESS GATHERING with VERONICA 21st 10.30-1pm GENTLE BEGINNINGS with LUCIE & OLIVIA 21st 2-4pm WIM HOF METHOD COMMUNITY SESSION with ALEX 28th 9-11am DEEPENING YOUR PRACTICE #1 ~ CONNECTING TO CENTRE with NICOLE 14th 1.30-4.30pm	10.30am PILATES with AIMEE 11am SUNDAY STRETCH & SOOTHE YOGA with CATHY SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 1st 5.30-7.30pm IMBOLG GATHERING with MAGGIE 8th 2-4.15pm KIRTAN with JULIE & VIC SUNDAY 8th 7-8.45pm SUNDAY REST & RESTORE with CATHY 22nd 11-12pm
	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm			
6pm GENERAL YOGA with RACHEL 6.30pm HATHA YOGA - ALL LEVELS with LUCIE 7.40pm BEGINNERS YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS HATHA YOGA with TOMEK 7.05pm MINDFULNESS MEDITATION with FIONA	6pm GENTLE YOGA with JO 6pm MIXED / BEGINNERS YOGA with RACHEL 6pm MOVE TO HEAL with ROSE	6pm JIVAMUKTI YOGA with STEVEN 6pm IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE 6.30pm HATHA YOGA with TARA	5.30pm FIRESTAFF FLOW (BEGINNERS) with STEVEN 6pm YOGA FOR MEN with TOM		
7.45pm AERIAL YOGA with SANDRA GONG BATH with SOUNDHENG IRELAND 8-9.15pm INTRO TO SHAMANISM with BRIAN 7.45-9.45pm alternate fortnights	7.30pm IYENGAR YOGA with CLAIRE 8pm BOLLYWOOD ZUMBA with DEEPIKA	7.25pm ACTIVE YOGA with RACHEL 7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	7.30pm MOVE TO HEAL with ROSE YIN YOGA & YOGA NIDRA with LUCIE 26th 7.30-8.30pm	6.30pm FIRESTAFF FLOW (INTERMEDIATE) with STEVEN 8pm TANGO with BELFAST TANGO SOCIETY DRUM CIRCLE with CURIOUS COMMUNITY 13th 7-8.30pm		

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