



# FEBRUARY 2026 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 GENTLE YOGA FLOW with VALERIE	8am OPEN PRACTICE YOGA	<b>IYENGAR WORKSHOP AISLING 4th 9.30-12.30pm</b>	7.30am OPEN PRACTICE YOGA	7.15am CORE YOGA with EVA	Through the week <b>COUNSELLING</b> with ETAIN, KATE, MAIRGHÉAD & MARGARET -----	9am IYENGAR YOGA on teaching rota
	10am IYENGAR YOGA with CLAIRE	10.30am GENTLE BREATH-LED YOGA with MAGGIE	9.25am ACTIVE YOGA with RACHEL	10am IYENGAR YOGA with CLAIRE	10.35am CHI ME with MAGGIE	10.30am PILATES with AIMEE
	11.30am HATHA YOGA with SUSAN		10.30am CHAIR YOGA with RACHEL	10.30am CHI ME with MAGGIE	-----	11am SUNDAY STRETCH & SOOTHE YOGA with CATHY
	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm		<b>SPAPA RETREAT</b> with CLARE 7th 2-5pm	<b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 1st 5.30-7.30pm
6pm GENERAL YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE	6pm GENTLE YOGA with JO	6pm JIVAMUKTI YOGA with STEVEN	5.30pm FIRESTAFF FLOW (BEGINNERS) with STEVEN	<b>MONTHLY MINDFULNESS GATHERING</b> with VERONICA 21st 10.30-1pm	
6.30pm HATHA YOGA - ALL LEVELS with LUCIE	6pm BEGINNERS HATHA YOGA with TOMEK	6pm MIXED / BEGINNERS YOGA with RACHEL	6pm IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE	6pm YOGA FOR MEN with TOM	<b>GENTLE BEGINNINGS</b> with LUCIE & OLIVIA 21st 2-4pm	<b>IMBOLG GATHERING</b> with MAGGIE 8th 2-4.15pm
7.40pm BEGINNERS YOGA with RACHEL	7.05pm MINDFULNESS MEDITATION with FIONA	6pm MOVE TO HEAL with ROSE	6.30pm HATHA YOGA with TARA			<b>KIRTAN</b> with JULIE & VIC SUNDAY 8th 7-8.45pm
7.45pm AERIAL YOGA with SANDRA	7.30pm IYENGAR YOGA with CLAIRE	7.25pm ACTIVE YOGA with RACHEL	7.30pm MOVE TO HEAL with ROSE	6.30pm FIRESTAFF FLOW (INTERMEDIATE) with STEVEN	<b>WIM HOF METHOD COMMUNITY SESSION</b> with ALEX 28th 9-11am	
<b>GONG BATH</b> with SOUNDHENGE IRELAND 8-9.15pm		7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	<b>YIN YOGA &amp; YOGA NIDRA</b> with LUCIE 26th 7.30-8.30pm	8pm TANGO with BELFAST TANGO SOCIETY	<b>DEEPENING YOUR PRACTICE #1 ~ CONNECTING TO CENTRE</b> with NICOLE 14th 1.30-4.30pm	<b>SUNDAY REST &amp; RESTORE</b> with CATHY 22nd 11-12pm
<b>INTRO TO SHAMANISM</b> with BRIAN 7.45-9.45pm alternate fortnights	8pm BOLLYWOOD ZUMBA with DEEPIKA			<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 13th 7-8.30pm		