



# FEBRUARY 2024 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>					9am IYENGAR YOGA with MAURA	10.30am PILATES with AIMEE
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE	<b>IYENGAR WORKSHOP</b> with AISLING 7th 10-1pm	Through the week <b>COUNSELLING</b> with PAULINE, KATE, CLAIRE, LILY or MAIRGHRÉAD	7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE	10am-1pm INDIAN DANCE classes with SWARA  <b>REIKI TRAINING</b> with DEBI 17th 9-5pm	10am-1pm INDIAN DANCE classes with SWARA  <b>KIRTAN</b> with JULIE & VIC SUNDAY 11th 7-8.45pm
<b>EMMETT TRAINING</b> with TRIONA Monday 26th & Tuesday 27th 9-5pm	11.30am YOGA with SUSAN  11.30am CHAIR YOGA with CLAIRE				<b>CONSCIOUS SINGLES IRELAND</b> 17th 10.30-5pm	<b>YOGA WORKSHOP</b> with CLAIRE 18th 10.30-1pm  <b>WIM HOF METHOD FUNDAMENTALS</b> with ALEX 25th 11-3pm
6pm GENERAL YOGA with RACHEL  6.15pm YOGA (BEGINNERS +) with DIANA  6.30pm ALL LEVELS YOGA with LUCIE	6pm IYENGAR YOGA with CLAIRE  6pm ALL LEVELS YOGA with LUCIE  6pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE  6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with CLAIRE  6pm JIVAMUKTI YOGA with STEVEN		<b>10th BIRTHDAY CELEBRATION OPEN DAY &amp; FUNDRAISER</b> 24th FEB  <b>LOTS OF EVENTS TO RAISE FUNDS FOR MSF</b>  <b>CHECK ONLINE FOR DETAILS!</b>	
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS BASED STRESS REDUCTION with FIONA  7.30pm IYENGAR YOGA with CLAIRE  7.30pm T'AI-CHI & QIGONG with DAVID	7.15pm WIM HOF METHOD BREATHING with ALEX  7.45am YOGA CLUB with OONAGH  <b>FLOW DANCE MEDITATION</b> with JEN monthly 29th 8pm	7.30pm AERIAL YOGA with SANDRA  7.30pm MOVE TO HEAL with ROSE  7.30pm BEGINNERS YOGA with JOANNE & CLAIRE	<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 9th & 23rd 7-8.30pm		

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