



JANUARY 2024 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					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	IYENGAR WORKSHOP with AISLING 10th 10-1pm	Through the week COUNSELLING with PAULINE, KATE, LILY or MAIRGHRÉAD	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	10am-1pm INDIAN DANCE classes with SWARA YOGA WORKSHOP with CLAIRE 6th 10.30-1pm	10am-1pm INDIAN DANCE classes with SWARA SOUND BATH with STEVEN & SCOTT 7th 7-9pm
EMMETT TRAINING with TRIONA Monday 15th & Tuesday 16th 9-5pm	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE				REIKI TRAINING with DEBI 20th 9-5pm	KIRTAN with JULIE & VIC SUNDAY 14th 7-8.45pm
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 6.15pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE 6.15pm ACRO YOGA with LU	6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN		FREE NATIONAL IYENGAR YOGA DAY with RACHEL 20th 10.30-11.15am ADAPTIVE YOGA with KELLY 20th 2-3pm	WIM HOF METHOD FUNDAMENTALS with ALEX 21st 11-3pm FAMILY YOGA FOR YOUNG & BIG KIDS with ZOE 21st 12-1pm & 1-2pm
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 FLOW DANCE MEDITATION with JEN monthly 31st 8pm	7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE 7.30pm BEGINNERS YOGA with JOANNE & CLAIRE	DRUM CIRCLE with CURIOUS COMMUNITY 12th 7-8.30pm	IYENGAR YOGA with EILEEN 27th 10-4pm MĘSKA GRUPA WSPARCIA with TOM 27th 10.30-11.30am REVITALISE WORKSHOP with JULIE 27th 2-4.30pm	

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