



# JANUARY 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 & CLAIRE 15th 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	<b>REIKI TRAINING</b> with DEBI 11th 9-5pm  <b>FUNDAMENTAL BREATHING</b> with ALEX 11th 9-10.30am  <b>FUNDAMENTALS WORKSHOP</b> with ALEX 18th 10-2pm	9am IYENGAR YOGA with MAURA  10am HYPNOBIRTHING with NATALIE  10.30am PILATES with AIMEE
	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	<b>NATIONAL IYENGAR YOGA DAY:</b> 11.30-12.30pm - CHAIR YOGA with Claire		
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 with RACHEL  6pm MOVE TO HEAL with ROSE  6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with ANNAMARIE  6pm JIVAMUKTI YOGA with STEVEN	Through the week <b>COUNSELLING</b> with PAULINE, KATE, CLAIRE, or LILY	<b>NATIONAL IYENGAR YOGA DAY:</b>  8-9am - YOGA FOR RUNNERS & CYCLISTS with Rachel  9.30-10.30am - YOGA FOR ACTIVE BEGINNERS with Rachel  11am-12pm - YOGA FOR BEGINNERS with Annamarie  12.30-1.30pm - YOGA ADVENTUROUSLY ! with Claire	<b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 5th 5.30-7pm  <b>KIRTAN</b> with JULIE & VIC SUNDAY 12th 7-8.45pm
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  7.45pm SHAMANISM with BRIAN OR 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  <b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 10th 7-8.30pm		