



# JANUARY 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>						9am IYENGAR YOGA on teaching rota
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE  11.30am HATHA YOGA with SUSAN	<b>IYENGAR WORKSHOPS</b> AISLING 14th 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		10.30am PILATES with AIMEE  11am SUNDAY STRETCH & SOOTHE YOGA with CATHY
	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm	<b>SHIATSU CLINIC</b> with KATHY 6th & 30th afternoon	<b>MIND-BODY SPA RETREAT</b> with CLARE 10th 2-5pm	<b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 4th 5.30-7.30pm
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 IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE  6.15pm HATHA YOGA with TARA	6pm YOGA FOR MEN with TOM  ----- Through the week <b>COUNSELLING</b> with CLAIRE, ETAIN, KATE, MAIRGHRÉAD & MARGARET	<b>WIM HOF METHOD FUNDAMENTALS</b> with ALEX 24th 10am-2pm  <b>THE GREAT CHAKRA WORKSHOP</b> with ANNIE 21st 12-3pm	<b>KIRTAN</b> with JULIE & VIC SUNDAY 11th 7-8.45pm  <b>SUNDAY REST &amp; RESTORE</b> with CATHY 25th 11-12pm
7.45pm AERIAL YOGA with SANDRA  <b>GONG BATH</b> with SOUNDHENG IRELAND 8-9.15pm <b>INTRO TO SHAMANISM</b> with BRIAN 7.45-9.45pm alternating	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  <b>YIN YOGA</b> with LUCIE 28th 7.45-8.45pm	7.30pm MOVE TO HEAL with ROSE  7.30pm FIRESTAFF FLOW with STEVEN	<b>BELFAST TANGO MEET &amp; GREET</b> 9th 7-8pm  8pm TANGO with BELFAST TANGO SOCIETY  <b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 9th 7-8.30pm		

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