



JULY 2024 PROGRAMME

(Regular classes plain text, events/workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 10th 10-1pm	10.30am MOVING MAMAS with KERRY	6.30-8.30am MYSORE PRACTICE with Gabriella (from 26th) 7.15am CORE YOGA with EVA	REIKI TRAINING with DEBI 20th 9am-5pm ASHTANGA YOGA INTRODUCTORY WORKSHOP with GABRIELLA 27th 9-11am HALF DAY MINDFULNESS RETREAT with FIONA 27th 2-5pm	IYENGAR YOGA WORKSHOP with CLAIRE 6th 10.30-1pm
	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE			10am IYENGAR YOGA with CLAIRE		
6pm GENERAL YOGA with RACHEL 6.15pm YOGA (BEGINNERS +) with DIANA	6pm IYENGAR YOGA with CLAIRE	6pm MOVE TO HEAL with ROSE 6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with CLAIRE	Through the week COUNSELLING with PAULINE, KATE, CLAIRE, LILY or MAIRGHRÉAD		
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 7.45pm INTRO TO SHAMANISM with BRIAN	7.30pm IYENGAR YOGA with CLAIRE	CHI CORRECTION WALK with VIC 3rd 7.15-8.15pm	7.30pm TRAINEE GROUP with CLAIRE 7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE	DRUM CIRCLE with CURIOUS COMMUNITY 19th 7-8.30pm		

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Private bookings and therapies available