



JULY 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					Through the week COUNSELLING with MAIRGHRÉAD, KATE, SIOBHAN or MARGARET	10am HYPNOBIRTHING with NATALIE
	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN (1st only)	IYENGAR WORKSHOP with CLAIRE 30th 10-1pm	JAPANESE HEAD SPA TRAINING with JAPANESE HEAD SPA CO. 3rd 10am-3pm	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE		IYENGAR YOGA WORKSHOP with CLAIRE 6th 10.30am-1pm
	11.30am CHAIR YOGA with CLAIRE		REFLEXOLOGY & MASSAGE with KAREN Thurs/Fri	SHIATSU with KATHY Friday 4th		
6pm GENERAL YOGA with RACHEL 6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE	6pm ACTIVE YOGA (BEGINNERS) with RACHEL (2nd only) 6pm SUMMER YOGA with CLAIRE (from 23rd) 6pm MOVE TO HEAL with ROSE	6pm IYENGAR YOGA with ANNAMARIE	6pm YOGA FOR MEN with TOM (4th only)		
7.30pm AERIAL YOGA with SANDRA (7th only) 7.40pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE 7.45pm BOLLYWOOD DANCE with DEEPIKA	7.25pm ACTIVE YOGA with RACHEL (2nd only)	7.30pm MOVE TO HEAL with ROSE YIN YOGA with LUCIE 3rd 7.30-8.30pm			SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 6th 5.30-7pm

VISIT WWW.MAITRISTUDIO.NET OR FIND US ON SOCIAL MEDIA @MaitriStudioBelfast

Private bookings and therapies available