



# JUNE PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>					9am ASHTANGA VINYASA with NIDHI	10.30am PILATES with AIMEE
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN STUDIO with CLAIRE  10am IYENGAR YOGA with CLAIRE (beginners)	<b>IYENGAR WORKSHOP</b> with AISLING 5th 10-1pm	10am IYENGAR YOGA with CLAIRE (gentle)	7.15am CORE YOGA with EVA  <b>YIN YOGA</b> with VALERIE 7th 10-11.15am	11.30am JIVAMUKTI OPEN with STEVEN  1.30pm VINYASA FLOW with MAGGIE (from 15th)	7pm DONATION YIN YOGA with PATRICIA  <b>ONSITE CHAIR MASSAGE</b> with SUZANNE 2nd 10.30-5pm
	11.30am HATHA YOGA with SUSAN	12.30pm CORE YOGA with EVA	3.30pm OPEN STUDIO with CLAIRE		<b>1st SATURDAY ART GROUP</b> with JOHN 1st 10am-2pm	<b>FINDING YOUR TRUE PATH</b> with DANIEL 9th 10-6pm
5.45pm IYENGAR YOGA with RACHEL (general)  6pm YOGA with TRACY  6.15pm PILATES with CHRISTINE  7.30pm YOGA with RACHEL (beginners)	5.45pm HATHA YOGA with TOM  6pm IYENGAR YOGA with ANDREW (cont. beg)  6.15pm PILATES with JEKATERINA  7pm YOGA BODY LAB with DANI (from 25th)	5.45pm CORE YOGA with EVA  6pm IYENGAR YOGA with CLAIRE (gentle)  6pm IYENGAR YOGA with RACHEL (beginners)	5.45pm IYENGAR YOGA with CLAIRE (intermediate)  6pm RELAX & UNWIND with LISA  6pm JIVAMUKTI OPEN with STEVEN	6pm IYENGAR YOGA with MAURA (general)  <b>KIDS YOGA TEACHER TRAINING</b> with Elaine & Sinead 8th, 9th, 29th & 30th 10-5pm	<b>INDIAN HEAD MASSAGE</b> with SUZANNE 1st 10.30-5pm  <b>SHAMANISM</b> with DANIEL 8th 2-5pm  <b>BELLY DANCE SHOWCASE</b> with JEN 8th 7.30-8.30pm	<b>MONTHLY PRANAYAMA CLASS</b> with CLAIRE 16th 9-10.15am  <b>KUNDALINI ACTIVATION PROCESS</b> with NITYA 16th 12-2.30pm  <b>MEET TO MEDITATE</b> with FIONA 16th 4.15-5.15pm
7.45pm SHAMANISM or 8pm GONG BATH with SOUNDHENG IRELAND	7pm MINDFULNESS FOR LIFE with VERONICA  7.30pm BEGINNERS' VINYASA with DANIELLE	7.30 IYENGAR YOGA with RACHEL (general)  7.45pm VINYASA FLOW YOGA with OONAGH	7.15pm PREGNANCY YOGA with MIRIAM (6th only)  7.30pm AERIAL YOGA with SANDRA	7.30pm ZUMBA with MAGDA  <b>PEACE ASCENSION DANCE</b> with TESSA 14th 7.30-10pm	<b>IYENGAR YOGA</b> with CLAIRE 15th 10-12.30pm  <b>LAUGHTER YOGA</b> with MÓNICA 15th 1.30-2.30pm	<b>EXPLORING THE WAVE</b> with MONICA 23rd 10-4pm  <b>KIRTAN</b> with JULIE & VIC 30th 7-8.30pm
8pm AERIAL YOGA with SANDRA	7.30pm IYENGAR YOGA with CLAIRE (general)  8pm PREGNANCY YOGA with DANI (from 25th)	8.30pm EVENING YOGA with NIDHI	7.30pm IYENGAR YOGA with LOUISE (general)	<b>COME FLY &amp; RELAX WITH ME</b> with SANDRA 21st 7.30-8.30pm	<b>SOAP MAKING</b> with AVERIL 22nd 10-1pm  <b>YOGA ASANA</b> with ANDREW 22nd 1.30-4pm  <b>FAMILY YOGA</b> with TORY 29th 3-4pm	<b>SUMMER SOLSTICE SOUND BATH</b> with TESSA SATURDAY 22nd 7.30-8.45pm