



JUNE 2022 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 8th 10-1pm 10.15am BABY MASSAGE with CECILIA (check dates)		7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	1:1 SPECIAL YOGA with TORY IYENGAR YOGA peer group and workshop 4th with CLAIRE	9am IYENGAR YOGA with MAURA 10.30am PILATES with AIMEE 12.00pm INDIAN DANCE with SWARA
	11.30am YOGA with SUSAN	12.30pm TAI-CHI with JULIE-ANNE		COUNSELLING with LILY		
6pm GENERAL YOGA with RACHEL 6.15pm BEGINNERS / MIXED YOGA with DIANA	6pm IYENGAR YOGA with CLAIRE 6pm YIN YOGA with DANI 6pm BEGINNERS YOGA with TOMER	6pm DYNAMIC FLOW YOGA with LUCIE	5.30pm MAT PILATES with CHRISTINE 6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN		REIKI with DEBI 4th 9-5pm HATHA ENERGY BOOST with JILL 18th 10-12.30pm BABY MASSAGE with CECILIA 18th 10.15-11.15am & 11.45am-12.45 pm YOGA FOR DIGESTION with JILL 18th 2-4pm	CHAIR MASSAGE with SUZANNE 5th 9-5pm IYENGAR YOGA WORKSHOP with Eileen 12th 10am-4pm KIRTAN with JULIE & VIC 12th 7-8.30pm MEET TO MEDITATE with FIONA 26th 4.15-5.15pm
7.30pm AERIAL YOGA with SANDRA 7.35pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.30pm IYENGAR YOGA with CLAIRE (mixed) EMMETT TRAINING with TRIONA 20th & 21st 9am-5pm	7.30pm INTRO TO SHAMANISM with BRIAN (fortnightly) 7.45pm TRANQUIL FLOW with Ashley 7.45pm YOGA CLUB with OONAGH	6.30pm BEGINNERS PILATES with CHRISTINE 7.30pm NIA (Movement to Heal) with ROSE 7.30pm AERIAL YOGA with SANDRA			

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