



JUNE 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PLEASE CHECK WITH TEACHERS FOR TERM DATES							
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN	10.30am GENTLE BREATH-LED YOGA with MAGGIE IYENGAR WORKSHOP AISLING 4th 9.30- 12.30pm & CLAIRE 25th 10-1pm	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	MIND-BODY SPA with CLARE 21st 2-5pm REIKI TRAINING with DEBI 28th	9am IYENGAR YOGA on teaching rota 10.30am PILATES with AIMEE WIM HOF METHOD FUNDAMENTALS with ALEX 1st 10-2pm SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 1st 5.30-7pm KUNDALINI INNER DANCE with RACHAEL NITYA 8th 2-4.30pm KIRTAN with JULIE & VIC SUNDAY 8th 7-8.45pm SOLSTICE GATHERING with OLIVIA & LUCIE 22nd 2-4pm JIVAMUKTI WORKSHOP with Steven 29th 2-3.30pm	
	11.30am CHAIR YOGA with CLAIRE			REFLEXOLOGY & MASSAGE with KAREN			
6pm GENERAL YOGA with RACHEL 6.15pm YOGA (BEGINNERS +) with DIANA 6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS YOGA with TOMEK	6pm ACTIVE YOGA (BEGINNERS) with RACHEL 6pm MOVE TO HEAL with ROSE 6pm GENTLE YOGA with JO	6pm FOUNDATION IYENGAR YOGA with ANNAMARIE 6pm JIVAMUKTI YOGA with STEVEN	Through the week COUNSELLING with MAIRGHRÉAD, KATE, SIOBHAN or MARGARET			
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL GONG BATH with SOUNDHENG IRELAND 2nd, 9th & 23rd 8.15-9.30pm	7.05pm MINDFULNESS MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE 7.45pm BOLLYWOOD DANCE with DEEPIKA	7.25pm ACTIVE YOGA with RACHEL 7.30pm BREATHING with ALEX SHAMANISM with BRIAN MONDAY 16th & 30th 8.15-9.45pm	7.30pm MOVE TO HEAL with ROSE 7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	6pm YOGA FOR MEN with Tom DRUM CIRCLE with CURIOUS COMMUNITY 13th 7-8.30pm			

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Private bookings and therapies available