



# JUNE 2026 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>** PLEASE CHECK WITH TEACHERS FOR TERM DATES **</b>						
10am GENTLE YOGA FLOW with VALERIE  10am IYENGAR YOGA with CLAIRE	9.30am OPEN PRACTICE YOGA  11.30am HATHA YOGA with SUSAN  11.30am CHAIR YOGA with CLAIRE	<b>IYENGAR WORKSHOP</b> AISLING 3rd 9.30-12.30pm	7.30am OPEN PRACTICE YOGA  9.25am ACTIVE YOGA with RACHEL  10.35am CHAIR YOGA with RACHEL	10am IYENGAR YOGA with CLAIRE	11-12pm CONSCIOUS MOVEMENT with BECCA  Through the week <b>COUNSELLING</b> with ANNE, KATE, KRISSEY, LILY, MARGARET & SIOBHAN  ----- <b>MIND-BODY SPA RETREAT</b> with CLARE 6th 2-5pm  <b>FUNCTIONAL YIN FOUNDATIONS</b> with GRACE 12-14th 9-6pm	9am IYENGAR YOGA on teaching rota  10.30am PILATES with AIMEE  12pm SUNDAY STRETCH & SOOTHE YOGA with CATHY  <b>SANGHA SITTING</b> with LEAVES OF ONE TREE  MEDITATION GROUP 7th 5.30-7.30pm  <b>FUNCTIONAL YIN FOUNDATIONS</b> with GRACE 12-14th 9-6pm  <b>THE MANTRA SONG CIRCLE</b> with JULIE & VIC 14th 8-8.45pm  <b>SOUL ALIGNED CIRCLE</b> with NIAMH 21st 6-7.45pm  <b>SUNDAY REST &amp; RESTORE</b> with CATHY 28th 12-1pm
	Through the week <b>MASSAGE THERAPIES</b> with LUA			<b>SHIATSU CLINIC</b> with KATHLEEN 12th from 11.30am		
6pm GENERAL YOGA with RACHEL (CLAIRE cover)  6.30pm HATHA YOGA - with LUCIE  7.40pm BEGINNERS YOGA with RACHEL (CLAIRE cover)	6pm IYENGAR YOGA with CLAIRE  6pm BEGINNERS HATHA YOGA with TOMEK	6pm GENTLE YOGA with JO  6pm MIXED / BEGINNERS YOGA with RACHEL (covered ANNAMARIE / STEVEN)	6pm JIVAMUKTI YOGA with STEVEN  6pm IYENGAR YOGA with ANNAMARIE  7.15pm PREGNANCY YOGA with CHRISTINE McFARLANE	6pm YOGA FOR MEN with TOM  <b>FUNCTIONAL YIN FOUNDATIONS</b> with GRACE 12-14th 9-6pm		
7.45pm AERIAL YOGA with SANDRA  <b>GONG BATH</b> with SOUNDHENG IRELAND 1st & 15th 8-9.15pm	7.30pm IYENGAR YOGA with CLAIRE  7.45pm BOLLYWOOD ZUMBA with DEEPIKA	7.25pm ACTIVE YOGA with RACHEL (covered)  7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE  <b>MONTHLY MEN'S CIRCLE BELFAST</b> with MIKE 3rd 7.30-9pm	<b>A SOLSTICE GATHERING - YOGA &amp; LIVE HARP</b> with OLIVIA & Ruth 18th 7.30-9pm	7pm YIN YOGA & YOGA NIDRA with LUCIE  <b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 12th 7-8.30pm  <b>SOLSTICE GONG BATH</b> with SOUNDHENG IRELAND 19th		

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