



MARCH 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	IYENGAR WORKSHOP with AISLING 5th 9.30-12.30pm IYENGAR WORKSHOP with Claire 19th 10-10pm	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	9am VINYASA FLOW YOGA with TANYA	9am IYENGAR YOGA with MAURA 10am HYPNOBIRTHING with NATALIE 10.30am PILATES with AIMEE
EMMETT TRAINING with TRIONA 3rd & 4th 9-5pm	11.30am CHAIR YOGA with CLAIRE	10.30am GENTLE BREATH-LED YOGA with MAGGIE	1pm T'AI-CHI with JULIE-ANNE	REFLEXOLOGY with KAREN morning sessions	REIKI TRAINING with DEBI 1st 9-5pm	SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 2nd 5.30-7pm KIRTAN with JULIE & VIC SUNDAY 9th 7-8.45pm KUNDALINI INNERDANCE with RACHAEL 16th 2-4.30pm
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 IYENGAR YOGA with ANNAMARIE 6pm JIVAMUKTI YOGA with STEVEN	Through the week COUNSELLING with MAIRGHRÉAD, KATE, CLAIRE, LILY or MARGARET	MINDFUL MEDITATION MORNING with FIONA 22nd 9.30-12.30pm SPRING EQUINOX WORKSHOP with SARA 22nd 11-5pm	
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 7.45pm SHAMANISM with BRIAN OR 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFUL MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE	7.15pm BREATHING with ALEX 7.25pm ACTIVE YOGA with RACHEL	7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE	6pm YOGA FOR MEN with Tom DRUM CIRCLE with CURIOUS COMMUNITY 14th 7-8.30pm	IYENGAR WORKSHOP with CLAIRE 29th 10.30-1pm	

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Private bookings and therapies available