



# MARCH 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	8am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE  11.30am HATHA YOGA with SUSAN	<b>IYENGAR WORKSHOP</b> AISLING 4th 9.30-12.30pm  10.30am GENTLE BREATH-LED YOGA with MAGGIE	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  10.30am CHI ME with MAGGIE	11-12pm CONSCIOUS MOVEMENT with BECCA  Through the week <b>COUNSELLING</b> with KATE, KRISSEY & MARGARET  ----- <b>MIND-BODY SPA RETREAT</b> with CLARE 7th 2-5pm  <b>MONTHLY MINDFULNESS GATHERING</b> with VERONICA 21st 10.30-1pm  <b>SPRING EQUINOX</b> with ANNIE 21st 11am-1pm  <b>REIKI PRACTICE TRAINING</b> with DEBI 28th 9-5pm	9am IYENGAR YOGA on teaching rota  10.30am PILATES with AIMEE  11am SUNDAY STRETCH & SOOTHE YOGA with CATHY  <b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 1st 5.30-7.30pm  <b>KIRTAN</b> with JULIE & VIC SUNDAY 8th 7-8.45pm  <b>SUNDAY REST &amp; RESTORE</b> with CATHY 22nd 11-12pm  <b>SPRING EQUINOX</b> with MAGGIE 22nd 2-4.15pm
<b>JAPANESE HEAD SPA</b> training 16th 9am-4pm	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm	<b>SHIATSU CLINIC</b> with KATHLEEN 6th & 27th from 12pm		
6pm GENERAL YOGA with RACHEL  6.30pm HATHA YOGA - ALL LEVELS with LUCIE  7.40pm BEGINNERS YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE  6pm BEGINNERS HATHA YOGA with TOMEK  7.05pm MINDFULNESS MEDITATION with FIONA	6pm GENTLE YOGA with JO  6pm MIXED / BEGINNERS YOGA with RACHEL  6pm MOVE TO HEAL with ROSE	6pm JIVAMUKTI YOGA with STEVEN  6pm IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE  6.30pm HATHA YOGA with TARA	5.30pm FIRESTAFF FLOW (BEGINNERS) with STEVEN  6pm YOGA FOR MEN with TOM		
7.45pm AERIAL YOGA with SANDRA  <b>GONG BATH</b> with SOUNDHENG IRELAND 8-9.15pm  <b>INTRO TO SHAMANISM</b> with BRIAN 7.45-9.45pm alternate fortnights	7.30pm IYENGAR YOGA with CLAIRE  8pm BOLLYWOOD ZUMBA with DEEPIKA	7.25pm ACTIVE YOGA with RACHEL  7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	7.30pm MOVE TO HEAL with ROSE	6.30pm FIRESTAFF FLOW (INTERMEDIATE) with STEVEN  <b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 13th 7-8.30pm		

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