



# MAY PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>					9am ASHTANGA VINYASA with NIDHI	10.30am PILATES with AIMEE
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN STUDIO with CLAIRE  10am IYENGAR YOGA with CLAIRE (beginners)	10am HATHA YOGA with SUSAN  <b>IYENGAR WORKSHOP</b> with AISLING 8th 10-1pm	10am IYENGAR YOGA with CLAIRE (general)  11.30am SUPPORTING CHRONIC PAIN with URSULA	7.15am CORE YOGA with EVA  <b>YIN YOGA</b> with VALERIE 10th 10-11.15am	10am INTRO TO IYENGAR YOGA with LOUISE  11.30am JIVAMUKTI OPEN with STEVEN	1pm & 2pm TAI-CHI (Levels 1 & 0) with JULIE-ANNE  7pm DONATION YIN YOGA with PATRICIA
	11.30am HATHA YOGA with SUSAN	12.30pm CORE YOGA with EVA	3.30pm OPEN STUDIO with CLAIRE	11am & 1pm TAI-CHI (Levels 0 & 2) with JULIE-ANNE	<b>FIRST SATURDAY ART GROUP</b> with JOHN 4th 10am-2pm  <b>RELATIONSHIP MAGIC</b> with CAROLINE 18th 10-12.30pm  <b>LAUGHTER YOGA</b> with MÓNICA 25th 1.30-2.30pm  <b>FAMILY YOGA</b> with TORY 25th 3-4pm	<b>MEET TO MEDITATE</b> with FIONA 5th 4.15-5.15pm  <b>SERENITY WORKSHOP</b> with EMILY 19th 5-7pm  <b>MEET TO MEDITATE</b> with FIONA 19th 4.15-5.15pm  <b>MONTHLY PRANAYAMA CLASS</b> with CLAIRE 26th 9-10.15am  <b>SUNDAY MORNING MINDFULNESS</b> with VERONICA 26th 10.30-12.30pm  <b>IYENGAR WORKSHOP</b> with CLAIRE 26th 1.30-4pm
5.45pm IYENGAR YOGA with RACHEL (general)  6pm YOGA with TRACY  6.15pm PILATES with CHRISTINE  7.30pm YOGA with RACHEL (beginners)	5.45pm HATHA YOGA with TOM  6pm IYENGAR YOGA with ANDREW (cont. beginners)  6.15pm PILATES with JEKATERINA	5.45pm CORE YOGA with EVA  6pm IYENGAR YOGA with CLAIRE (general)  6pm IYENGAR YOGA with RACHEL (beginners)  7pm BELLY DANCE FOR ALL with JEN	5.45pm IYENGAR YOGA with CLAIRE (intermediate)  6pm RELAX & UNWIND with LISA  6pm JIVAMUKTI OPEN with STEVEN	6pm IYENGAR YOGA with MAURA (general)  <b>HOME OF THE HEART</b> with PETER 10th 10.30-12.30  <b>ART OF ADJUSTMEN</b> Twith PETER 10th 6-9pm 11th & 12th 9.30-4.30pm		
7.45pm SHAMANISM or 8pm GONG BATH with SOUNDHENG IRELAND	7pm MINDFULNESS FOR LIFE with VERONICA  7.30pm BEGINNERS' VINYASA with DANIELLE	7.30 IYENGAR YOGA with RACHEL (general)  7.45pm VINYASA FLOW YOGA with OONAGH	7.15pm PREGNANCY YOGA with MIRIAM  7.30pm AERIAL YOGA with SANDRA	7.30pm ZUMBA with MAGDA  <b>MONTHLY SOUND BATH</b> with TESSA 17th 7.30-8.45pm		
8pm AERIAL YOGA with SANDRA	7.30pm IYENGAR YOGA with CLAIRE (general)	8.30pm EVENING YOGA with NIDHI	7.30pm IYENGAR YOGA with LOUISE (general)			

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