



# MAY 2022 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>						
	7.30am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE	<b>IYENGAR WORKSHOP</b> with AISLING 4th 10-1pm  10.15am BABY MASSAGE with CECILIA	10am MINDFULNESS FOR CANCER with FIONA	7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE	11am JIVAMUKTI YOGA with STEVEN (open level)  1:1 SPECIAL YOGA with TORY	9am IYENGAR YOGA with MAURA  10.30am PILATES with AIMEE  12.00pm INDIAN DANCE with SWARA
	11.30am YOGA with SUSAN	12.30pm TAI-CHI with JULIE-ANNE		COUNSELLING with LILY		
6pm GENERAL YOGA with RACHEL  6.15pm BEGINNERS / MIXED YOGA with DIANA  6.15pm PREGNANCY YOGA with STACEY	6pm IYENGAR YOGA with CLAIRE  6pm YIN YOGA with DANI  6pm BEGINNERS YOGA with TOMEK	6pm DYNAMIC FLOW YOGA with LUCIE	5.30pm MAT PILATES with CHRISTINE  6pm IYENGAR YOGA with CLAIRE  6pm JIVAMUKTI YOGA with STEVEN		<b>AWAKEN</b> with JULIE 7th 2-4.30pm  <b>IYENGAR YOGA</b> peer group and workshop 14th with CLAIRE  <b>INDIAN HEAD MASSAGE</b> with SUZANNE 21st 9-5pm  <b>REIKI</b> with DEBI 21st 9-5pm  <b>CHI WALKING</b> with VIC 28th 10.30-12.30pm	<b>KIRTAN</b> with JULIE & VIC 15th 7-8.30pm  <b>MEET TO MEDITATE</b> with FIONA 22nd 4.15-5.15pm
7.30pm AERIAL YOGA with SANDRA  7.30pm BEGINNERS YOGA with RACHEL  8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFUL MEDITATION with FIONA  7.30pm IYENGAR YOGA with CLAIRE (mixed)	7.30pm INTRO TO SHAMANISM with BRIAN (fortnightly)  7.45pm TRANQUIL FLOW with Ashley  7.45pm YOGA CLUB with OONAGH	6.30pm BEGINNERS PILATES with CHRISTINE  7.30pm NIA (Movement to Heal) with ROSE  7.30pm AERIAL YOGA with SANDRA			

VISIT [WWW.MAISTRISTUDIO.NET](http://WWW.MAISTRISTUDIO.NET) OR FIND US ON SOCIAL MEDIA @MaitriStudioBelfast

Private bookings and therapies available #FindYourCalmSpace