



MAY 2024 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						9am IYENGAR YOGA with MAURA 10.30am PILATES with AIMEE
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 8th 10-1pm	10.30am MOVING MAMAS with KERRY	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE		
DRUMMING WORKSHOP with RHYTHM 2 RECOVERY 13th & 14th 9-4pm	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	POP UP YOGA CLUB with OONAGH 6th 10-11.30am	YIN & GONGS with LUCIE & SCOTT 11th 7.30-8.45pm	YOGA WORKSHOP with CLAIRE 12th 10.30-1pm
6pm GENERAL YOGA with RACHEL 6.15pm YOGA (BEGINNERS +) with DIANA 6.30pm ALL LEVELS YOGA with LUCIE	6pm IYENGAR YOGA with CLAIRE 6pm ALL LEVELS YOGA with LUCIE 6.15pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE 6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN	6pm FRIDAY SLOW FLOW with ALLY Through the week COUNSELLING with PAULINE, KATE, CLAIRE, LILY or MAIRGHRÉAD	FUNDAMENTAL BREATHING with ALEX 18th 9-10.30am REIKI TRAINING with DEBI 18th 9-5pm MINDFULNESS AFTERNOON with FIONA 18th 2-5pm	KIRTAN with JULIE & VIC SUNDAY 12th 7-8.45pm WIM HOF METHOD FUNDAMENTALS with ALEX 19th 11-3pm
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 7.45pm INTRO TO SHAMANISM with BRIAN OR 8pm GONG BATH with SOUNDHEDGE IRELAND	7.15pm MINDFUL MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE	7.15pm BREATH-BODY-MIND with CLARE 7.45am YOGA CLUB with OONAGH FLOW DANCE MEDITATION with JEN monthly 29th 8.15pm	7.30pm BEGINNERS YOGA with WILLIAM 7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE	DRUM CIRCLE with CURIOUS COMMUNITY 10th 7-8.30pm ECSTATIC DANCE with JULIA & JAMES 17th 7.50-10pm		

VISIT WWW.MAITRISTUDIO.NET OR FIND US ON SOCIAL MEDIA @MaitriStudioBelfast

Private bookings and therapies available