



MAY 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY	OPEN DAY 10th May
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA	10.30am GENTLE BREATH-LED YOGA with MAGGIE	7.30am OPEN PRACTICE YOGA	7.15am CORE YOGA with EVA	Sunday 9am IYENGAR YOGA on teaching rota	*9.30am YOGA (all levels) with CLAIRE
EMMETT TRAINING with TRIONA 26th & 27th 9-5pm	10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 7th 9.30-12.30pm	9.25am ACTIVE YOGA with RACHEL	10am IYENGAR YOGA with CLAIRE	Sunday 10.30am PILATES with AIMEE	*9.45am BABY MASSAGE & YOGA with NATALIE
	11.30am HATHA YOGA with SUSAN		10.35am CHAIR YOGA with RACHEL			*10.45am RESTORATIVE YOGA & SOUNDS BOWLS with DIANA
	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	REFLEXOLOGY & MASSAGE with KAREN during the day	SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 4th 5.30-7pm	*11.15am HATHA YOGA with TOMEK
6pm GENERAL YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE	6pm ACTIVE YOGA (BEGINNERS) with RACHEL	6pm FOUNDATION IYENGAR YOGA with ANNAMARIE	Through the week COUNSELLING with MAIRGHRÉAD, KATE, SIOBHAN or MARGARET	KIRTAN with JULIE & VIC SUNDAY 11th 7-8.45pm	*12.15pm AERIAL YOGA with SANDRA
6.15pm YOGA (BEGINNERS +) with DIANA	6pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE	6pm JIVAMUKTI YOGA with STEVEN		REGARD BELFAST X MAITRI STUDIO 18th 6-9pm	*12.30pm JIVAMUKTI YOGA with STEVEN
6.30pm YOGA FOR ATHLETES with LUCIE		6pm GENTLE YOGA with JO				*1.30pm BEGINNERS YOGA with ANNAMARIE
7.30pm AERIAL YOGA with SANDRA	7.05pm MINDFULNESS MEDITATION with FIONA	7.25pm ACTIVE YOGA with RACHEL	7.30pm MOVE TO HEAL with ROSE	6pm YOGA FOR MEN with Tom	REIKI TRAINING with DEBI 31st 9-5pm	*1.45pm YOGA FOR MEN with TOM
7.40pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE	7.30pm BREATHING with ALEX	SHAMANISM with BRIAN MONDAY 19th 8.15-9.40pm	DRUM CIRCLE with CURIOUS COMMUNITY 9th 7-8.30pm	IYENGAR WORKSHOP with CLAIRE 31st 10.30-1pm	*2.45pm YIN & YOGA NIDRA with LUCIE & PATRICIA
GONG BATH with SOUNDHENG IRELAND 12th 8.15-9.45pm	7.45pm BOLLYWOOD DANCE with DEEPIKA		YIN YOGA with LUCIE MONDAY 26th 8-9pm			*3pm SOMATIC YOGA with DEIDRE
						*4pm BOLLYWOOD ZUMBA with DEEPIKA
						*4pm MIND BODY SPA with CLARE

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