



NOVEMBER 2021 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
	10am IYENGAR YOGA with CLAIRE (beginners)		11am TAI-CHI with JULIE-ANNE	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	11am JIVAMUKTI YOGA with STEVEN (open level)	10.30am PILATES with AIMEE
	11.30am YOGA with SUSAN	11am & 12.30pm TAI-CHI with JULIE-ANNE	12.30pm TAI-CHI (private) with JULIE-ANNE	10.15am & 11.45am BABY MASSAGE with CECILIA	1:1 PILATES with CHRISTINE	BACKBENDING with STEVEN 2-4.30pm 21st
6pm GENERAL YOGA with RACHEL 6.05pm TRAUMA INFORMED YOGA with LU BLUE 6.15pm BEGINNERS YOGA with DIANA	6pm IYENGAR YOGA with CLAIRE (beginners) 6pm BEGINNERS YOGA with TOMEK 6pm MELLOW YOGA with DANI	6pm YIN YOGA & MINDFULNESS with XENIA 6pm DYNAMIC FLOW YOGA with LUCIE 6.15pm IYENGAR YOGA with MAURA (beginners)	5.30pm MAT PILATES with CHRISTINE 6pm IYENGAR YOGA with CLAIRE (level 2) 6pm JIVAMUKTI YOGA with STEVEN (open level)		1:1 SPECIAL YOGA with TORY FAMILY YOGA IN FRENCH with LINGOTOT (Dates / times TBC) REIKI LEVEL 1 TRAINING with DEBI (private) 6th & 13th ITEC MASSAGE with Suzanne (private) 6th, 20th & 27th	MEET TO MEDITATE with FIONA 4.15-5.15pm 21st
7.30pm AERIAL YOGA with SANDRA 7.30pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS BASED STRESS REDUCTION with FIONA 7.30pm IYENGAR YOGA with CLAIRE (level 1)	7.15pm BEGINNERS YOGA with TOMEK 7.30pm INTRO TO SHAMANISM with BRIAN (fortnightly) 7.45pm YOGA CLUB with OONAGH	7.30pm NIA (Movement to Heal) with ROSE 7.30pm AERIAL YOGA with SANDRA 7.45pm IYENGAR YOGA with CLAIRE (beginners)			

VISIT WWW.MAITRISTUDIO.NET

OR FIND US ON SOCIAL MEDIA @MaitriStudioBelfast

#FindYourCalmSpace Private bookings also available (not shown on timetable)