



NOVEMBER 2023 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					9am IYENGAR YOGA with MAURA	9am PRANAYAMA with RACHEL
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 8th 10-1pm	Through the week COUNSELLING with PAULIINE, KATE, LILY or MAIRGHRÉAD	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	10am-1pm INDIAN DANCE classes with SWARA REIKI TRAINING with DEBI 4th 9-5pm BEGINNERS ACRO YOGA with LUCERO 11th 10.30-12.30pm	10.30am PILATES with AIMEE 10am-1pm INDIAN DANCE classes with SWARA KIRTAN with JULIE & VIC 5th 7-8.45pm EOL IYENGAR YOGA with CLAIRE 12th 10-4pm
	11.30am YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE				ADVANCED ACRO YOGA with LUCERO 11th 1-3:30pm SOFAR SOUNDS BELFAST 11th 7.30-9.30pm	WIM HOF METHOD FUNDAMENTALS with ALEX 19th 11-3pm TRAINEE IYENGAR YOGA with CLAIRE Saturday 25th & Sunday 26th 10-4.30pm
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 6.15pm ACRO YOGA with LU 6.30pm SLOW MINDFUL FLOW with JULIE	6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN 6.30pm CONNECTED BREATH with MIKE		SLOW YOGA & SOUND HEALING with XENIA & INGE 18th 10-12pm MINDFUL MEDITATION MORNING with FIONA 25th 9.30-1pm RES(E)T with JULIE 25th 2.30-5pm	
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS BASED STRESS REDUCTION with FIONA 7.30pm IYENGAR YOGA with CLAIRE 7.30pm T'AI-CHI & QIGONG with DAVID	7.15pm WIM HOF METHOD BREATHING with ALEX 7.45pm YOGA CLUB with OONAGH 8pm YOGA NIDRA with JULIE	7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE 7.45pm REST & RELAX with OLIVIA	DRUM CIRCLE with CURIOUS COMMUNITY 10th 7-8.30pm RELAX AERIAL YOGA with SANDRA 17th 7.30-8.30pm		

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