



NOVEMBER 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
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN	IYENGAR WORKSHOP with AISLING 6th 10-1pm	10am HATHA YOGA with LISA	6.30am MYSORE ASHTANGA with GABRIELLA 7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	FUNDAMENTAL BREATHING with ALEX 9th 9-10.30am FUNDAMENTALS WORKSHOP with ALEX 16th 10-2pm EOL (IYENGAR TEACHER PD) with CLAIRE & ANN 23rd 10-4pm REIKI TRAINING with DEBI 30th 9-5pm	HYPNOBIRTHING with NATALIE 10-12.30pm
EMMETT TRAINING with TRIONA 4th & 5th	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE			10.30am PILATES with AIMEE
6pm GENERAL YOGA with RACHEL 6.15pm YOGA (BEGINNERS +) with DIANA 6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE 6pm MYSORE ASHTANGA with GABRIELLA 6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with ANNAMARIE 6pm JIVAMUKTI YOGA with STEVEN	Through the week COUNSELLING with PAULINE, KATE, CLAIRE, or LILY	FUNDAMENTALS WORKSHOP with ALEX 16th 10-2pm EOL (IYENGAR TEACHER PD) with CLAIRE & ANN 23rd 10-4pm REIKI TRAINING with DEBI 30th 9-5pm	SAMHAIN GATHERING with MAGGIE 3rd 3-5.15pm SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 3rd 5.30-7pm KIRTAN with JULIE & VIC SUNDAY 10th 7-8.45pm YIN YOGA with LUCIE 17th 7-8.30pm
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 7.45pm SHAMANISM with BRIAN OR 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFUL MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE	7.15pm BREATHING with ALEX 8.15pm ADVANCED SHAMANISM with BRIAN	7.15pm BREATH BODY MIND with CLARE 7.30pm AERIAL YOGA with SANDRA 7.30pm MOVE TO HEAL with ROSE	DRUM CIRCLE with CURIOUS COMMUNITY 8th 7-8.30pm	REIKI TRAINING with DEBI 30th 9-5pm VISUAL REFLEXOLOGY & FOOT READING with ANGELA 24th 10-5.30pm MINDFUL MEDITATION HALF DAY RETREAT with FIONA 24th 2-5pm	

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