



NOVEMBER 2025 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN	10.30am GENTLE BREATH-LED YOGA with MAGGIE IYENGAR WORKSHOPS AISLING 5th 9.30-12.30pm CLAIRE 19th 10-1pm	7.30am OPEN PRACTICE YOGA 9.25am ACTIVE YOGA with RACHEL 10.35am CHAIR YOGA with RACHEL	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE 10.30am CHI ME with MAGGIE	MONTHLY MINDFULNESS GATHERING with VERONICA 1st 10.30-12.45pm MIND-BODY SPA with CLARE 15th 2-5pm EOL (IYENGAR TEACHER PD) DAY with CLAIRE 22nd 10-4pm WIM HOF METHOD COMMUNITY SESSION with ALEX 29th 9-11am USUI REIKI TRAINING with DEBI 29th 10-5pm	9am IYENGAR YOGA on teaching rota 10.30am PILATES with AIMEE 11am SUNDAY STRETCH & SOOTHE YOGA with CATHY SAMHAIN GATHERING with MAGGIE 2nd 1-3.15pm SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 2nd 5.30-7.30pm KIRTAN with JULIE & VIC SUNDAY 9th 7-8.45pm
4.30pm DRAMA THERAPY with MEABH	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm	SHIATSU CLINIC with KATHY 14th 11.45-5pm		
6pm GENERAL YOGA with RACHEL 6.30pm HATHA YOGA - ALL LEVELS with LUCIE 7.40pm BEGINNERS YOGA with RACHEL	5pm DANCE THERAPY with LISA 6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS HATHA YOGA with TOMEK 6.15pm YOGA (BEGINNERS +) with DIANA	6pm MIXED / BEGINNERS YOGA with RACHEL 6pm MOVE TO HEAL with ROSE 6pm GENTLE YOGA with JO	6pm IYENGAR YOGA (LEVEL 1 ACTIVE) with ANNAMARIE 6pm JIVAMUKTI YOGA with STEVEN	6pm YOGA FOR MEN with TOM ----- Through the week COUNSELLING with MAIRGHRÉAD, KATE, CLAIRE or MARGARET		
7.45pm AERIAL YOGA with SANDRA GONG BATH with SOUNDHENG IRELAND 8-9.15pm fortnightly	7.05pm MINDFULNESS MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE 8pm BOLLYWOOD DANCE with DEEPIKA	7.25pm ACTIVE YOGA with RACHEL 7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	7.30pm MOVE TO HEAL with ROSE YIN YOGA with LUCIE 20th 7.30-8.30pm	8pm TANGO with BELFAST TANGO SOCIETY DRUM CIRCLE with CURIOUS COMMUNITY 14th 7-8.30pm		

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

Private bookings and therapies available