



OCTOBER PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					11am JIVAMUKTI YOGA with STEVEN	10.30am PILATES with AIMEE
10am VINYASA YOGA with VALERIE	10am IYENGAR YOGA with CLAIRE (beginners)			7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE (beginners)	LOW COST PERSONAL YOGA CLINIC with STEVEN 10th 1-5.45pm	MINDFULNESS BASED STRESS REDUCTION with FIONA 3rd 2pm
6pm YOGA with TRACY 6pm PILATES with CHRISTINE 6.30pm YOGA with DIANA	5.45pm CORE YOGA with EVA 6pm IYENGAR YOGA with CLAIRE (beginners) 6pm HATHA YOGA with TOMEK	6.15pm YIN YOGA with DANIELLE 7pm LIFE DRAWING with SKYE (dates tbc fortnightly)	6pm IYENGAR YOGA with CLAIRE (mixed) 6pm JIVAMUKTI YOGA with STEVEN	6pm IYENGAR YOGA with MAURA	IYENGAR YOGA WORKSHOP with CLAIRE 10th 2-4.30pm FREE YOGA FOR WORLD MENTAL HEALTH DAY with DANIELLE 10th 6.30-8.30pm	SOUND BATH EXPERIENCE with TESSA 4th 7.30-9pm IYENGAR YOGA WORKSHOP with CLAIRE 11th 2-4.30pm
7.45pm AERIAL YOGA with SANDRA 8pm GONG BATH with SOUNDHEDGE IRELAND fortnightly	7.15pm VINYASA FLOW with DANIELLE 7.30pm IYENGAR YOGA with CLAIRE (mixed)	7.30pm YOGA FOR MENOPAUSE with JACKIE 7.45pm YOGA CLUB with OONAGH Fortnightly SHAMANIC 1:1s & gatherings with BRIAN (dates tbc)	7.30pm NIA with ROSE 7.45pm AERIAL YOGA with SANDRA 7.45pm IYENGAR YOGA with CLAIRE (beginners)	7pm YOGA with LUCIE (occasional)	LOW COST THAI YOGA MASSAGE CLINIC with STEVEN 24th 1-5.45pm YIN YOGA LEVEL 1 with GRACE 24-26th 9-5.30pm YIN YOGA LEVEL 2 with GRACE 30th Oct - 1st Nov 9-5.30pm	MONTHLY MEDITATION with JAMPA LING 11th 11.30-12.30pm MEET TO MEDITATE with FIONA 25th 4.15-5.15pm

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Private bookings also available (not shown on timetable)