



# OCTOBER 2023 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>						
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE	<b>IYENGAR WORKSHOP</b> with AISLING 4th 10-1pm	Through the week <b>COUNSELLING</b> with PAULIINE, KATE, LILY or MAIRGHRÉAD	7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE	9am IYENGAR YOGA with MAURA  10am-1pm INDIAN DANCE classes with SWARA  <b>REIKI</b> with DEBI 7th 9-5pm	10.30am PILATES with AIMEE  10am-1pm INDIAN DANCE classes with SWARA  <b>FAMILY YOGA</b> with ZOE 1st 1.30-2.30pm  <b>KIRTAN</b> with JULIE & VIC 1st 7-8.45pm  <b>WIM HOF METHOD FUNDAMENTALS</b> with ALEX 22nd 2-7pm
<b>EMMETT TRAINING</b> with TRIONA 23rd 9-5pm	<b>EMMETT TRAINING</b> with TRIONA 24th 9-5pm					
	11.30am YOGA with SUSAN	12.30pm T'AI-CHI with JULIE-ANNE	12.30pm T'AI-CHI with JULIE-ANNE			
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 REST & RELAX YOGA with OLIVIA			
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS MEDITATION / MBSR with FIONA  7.30pm T'AI-CHI & QIGONG with DAVID  7.30pm IYENGAR YOGA with CLAIRE	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 PILATES with JANETTE	<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 20th 7-8.30pm		

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Private bookings and therapies available