



# OCTOBER 2024 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>**PLEASE CHECK WITH TEACHERS FOR TERM DATES**</b>						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	<b>IYENGAR WORKSHOP</b> with AISLING 9th 10-1pm		6.30am MYSORE ASHTANGA with GABRIELLA  7.15am CORE YOGA with EVA  10am IYENGAR YOGA with CLAIRE	<b>REIKI TRAINING</b> with DEBI 7th 9-5pm  <b>ASHTANGA YOGA</b> with SARAH HATCHER 5th 9-11.45am & 2-4pm  <b>RHYTHM2 RECOVERY TRAINING</b> 12th 10-5pm  <b>YOGA WORKSHOP</b> with CLAIRE 12th 10.30-1pm  <b>FUNDAMENTALS WORKSHOP</b> with ALEX 26th 11-3pm  <b>ROOTED</b> with JULIE 26th 2-5pm	10.30am PILATES with AIMEE
	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	10am BABY MASSAGE with NATALIE		HYPNOBIRTHING with NATALIE 10-12.30pm
6pm GENERAL YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE	6pm MOVE TO HEAL with ROSE	6pm IYENGAR YOGA with ANNAMARIE	Through the week <b>COUNSELLING</b> with PAULINE, KATE, CLAIRE, or LILY		<b>ASHTANGA YOGA</b> with SARAH HATCHER 6th 8.30-11.30am
6.15pm YOGA (BEGINNERS +) with DIANA	6pm BEGINNERS YOGA with TOMEK	6pm MYSORE ASHTANGA with GABRIELLA	6pm JIVAMUKTI YOGA with STEVEN			<b>THE PLAY EXPERIMENT</b> with MIKE 6th 1-4pm
6.30pm YOGA FOR ATHLETES with LUCIE		6.30pm ACRO YOGA with LU				<b>SANGHA SITTING</b> with LEAVES OF ONE TREE MEDITATION GROUP 6th 5.30-7pm
7.30pm AERIAL YOGA with SANDRA	7.15pm MINDFUL MEDITATION with FIONA	7.15pm MAKING SENSE of MINDFULNESS with VERONICA	7.15pm BREATH BODY MIND with CLARE	<b>ECSTATIC DANCE*IN</b> with JULIA 4th 7.30-10pm		<b>RHYTHM2 RECOVERY TRAINING</b> 13th 10-5pm
7.40pm BEGINNERS YOGA with RACHEL	7.30pm IYENGAR YOGA with CLAIRE	8.15pm ADVANCED SHAMANISM with BRIAN	7.30pm AERIAL YOGA with SANDRA	<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 11th 7-8.30pm		<b>KIRTAN</b> with JULIE & VIC SUNDAY 13th 7-8.45pm
7.45pm SHAMANISM with BRIAN <b>OR</b> 8pm GONG BATH with SOUNDHENG IRELAND			7.30pm MOVE TO HEAL with ROSE			

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