



OCTOBER 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 WORKSHOP AISLING 8th 9.30-12.30pm CLAIRE 22nd 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	CHI ME FUNDRAISER With MAGGIE 11th 10.30-11.30am MONTHLY MINDFULNESS GATHERING with VERONICA 4th 10.30-12.45pm MIND-BODY SPA with CLARE 18th 2-5pm WIM HOF METHOD COMMUNITY SESSION with ALEX 25th 9-11am	9am IYENGAR YOGA on teaching rota 10.30am PILATES with AIMEE 11am SUNDAY STRETCH & SOOTHE YOGA with CATHY
4.30pm DRAMA THERAPY with MEABH	11.30am CHAIR YOGA with CLAIRE		BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm			SANGHA SITTING with LEAVES OF ONE TREE MEDITATION GROUP 5th 5.30-7pm
6pm GENERAL YOGA with RACHEL 6.30pm YOGA FOR ATHLETES 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, SIOBHAN or MARGARET		KIRTAN with JULIE & VIC SUNDAY 12th 7-8.45pm
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 AERIAL RELAX YOGA with SANDRA 9th 7.30-8.30pm YIN YOGA with LUCIE 16th 7.30-8.30pm	8pm TANGO with BELFAST TANGO SOCIETY DRUM CIRCLE with CURIOUS COMMUNITY 10th 7-8.30pm		

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Private bookings and therapies available