



OCTOBER 2026 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 MAIREAD	10.30am PILATES with AIMEE
10am GENTLE YOGA FLOW with VALERIE		10.30am GENTLE BREATH-LED YOGA with MAGGIE	10am IYENGAR YOGA with CLAIRE	10am IYENGAR YOGA with CLAIRE		11am YOGA FOR PREGNANCY with CHRISTINE
10am IYENGAR YOGA with CLAIRE	11.30am HATHA YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE	IYENGAR WORKSHOP with AISLING 7th 9.30am		10.30am CHI ME with MAGGIE	OPEN DAY & FUNDRAISER FOR SHINE CHARITY 3rd 9.30-5pm SEE WEBSITE FOR DETAILS	12pm SUNDAY STRETCH & SOOTHE YOGA / REST & RESTORE with CATHY
Through the week COUNSELLING with ANNE, KATE, KRISSY, LILY & MARGARET			BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2.30pm	SHIATSU CLINIC with KATHLEEN 2nd & 16th from 11.30am		
6.30pm HATHA YOGA - with LUCIE	6pm IYENGAR YOGA with CLAIRE	6pm GENTLE YOGA with JO	6pm JIVAMUKTI YOGA with STEVEN 6pm IYENGAR YOGA with ANNAMARIE	6pm YOGA FOR MEN with TOM	HEART GATHERING mindfulness with VERONICA 10th 10.30-12.45am	DEEPENING PRACTICE #4 with JULIE 4th 2-5pm
7.45pm AERIAL YOGA with SANDRA	7.30pm IYENGAR YOGA with CLAIRE	7.15pm LET'S TALK ABOUT WHITENESS group course	7.30pm EVENING HATHA YOGA & AROMATHERAPY with OLIVIA	YIN YOGA & YOGA NIDRA with LUCIE 2nd & 23rd 7-8.15pm	MIND-BODY SPA RETREAT with CLARE 10th 2-5pm	SANGHA SITTING with LEAVES OF ONE TREE 4th 5.30-7.30pm
GONG BATH with SOUNDHENG IRELAND 5th & 19th 8.15-9.30pm	7.30pm BOLLYWOOD ZUMBA with DEEPIKA	7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	CONSCIOUS CONNECTED BREATHWORK with MARY 29th 8-9.30pm	DRUM CIRCLE with CONNECTED CLUB 9th 7-8.30pm	WORLD MENOPAUSE DAY YOGA with OLIVIA 17th 11-12.30pm CHAKRA DANCE INTRO with DANA 17th 2-4pm	CANDLELIGHT REST & RESTORE with CATHY 4th 7.30-8.30pm SOUL ALIGNED CIRCLE with NIAMH 11th 6-7.45pm

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Private bookings and therapies available