



SEPTEMBER 2022 PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
10am VINYASA FLOW YOGA with VALERIE	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 10am BEGINNERS PILATES with CHRISTINE	IYENGAR WORKSHOP with AISLING 7th 10-1pm 10.15am BABY MASSAGE with CECILIA		7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE	1:1 SPECIAL YOGA with TORY 1:1 PILATES through week with CHRISTINE	10.30am PILATES with AIMEE 12.00pm BOLLYWOOD DANCE FOR CHILDREN with SWARA 1pm BHARATANATYAM DANCE FOR CHILDREN with SWARA
	11.30am YOGA with SUSAN	12.30pm T'AI-CHI with JULIE-ANNE				WHEEL OF CONSENT with RACHAEL NITYA 4th & 18th 2-4pm
6pm GENERAL YOGA with RACHEL 6,15pm YOGA with DIANA 6.30pm VINYASA FLOW with LUCIE	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS YOGA with TOMMEK	6pm NIA (Movement to Heal) with ROSE 6pm YIN YOGA & PSYCHOLOGICAL ENQUIRY with XENIA	5.30pm OPEN MAT PILATES with CHRISTINE 6pm IYENGAR YOGA with CLAIRE 6pm JIVAMUKTI YOGA with STEVEN		REIKI with DEBI 3rd 9-5pm MAGIC OF PERFORMANCE with XENIA 3rd 11am-1pm INNER SANCTUARY with JULIE 3rd 2-4.30pm EMMETT with TRIONA 5th & 6th 9-5pm	INNERDANCE with RACHAEL NITYA 11th 3-5pm KIRTAN with JULIE & VIC 11th 7-8.30pm HEART CHAKRA workshop with ORLA 18th 2-5pm IYENGAR YOGA WORKSHOP with CLAIRE 25th 1.30-4pm
7.30pm AERIAL YOGA with SANDRA 7.40pm BEGINNERS YOGA with RACHEL 8pm GONG BATH with SOUNDHENG IRELAND	7.15pm MINDFULNESS MEDITATION with FIONA 7.30pm IYENGAR YOGA with CLAIRE	7.30pm SHAMANISM with BRIAN (fortnightly) 7.45pm TRANQUIL FLOW with Ashley 7.45pm YOGA CLUB with OONAGH	6.30pm BEGINNERS PILATES with CHRISTINE 7.30pm AERIAL YOGA with SANDRA 7.30pm NIA (Movement to Heal) with ROSE			

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