



SEPTEMBER 2023 PROGRAMME

(Classes plain text, workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES						
10am VINAYASA FLOW YOGA with VALERIE ONCOLOGY MASSAGE TRAINING with KELLY 25th 10-4.30pm EMMETT TRAINING with TRIONA 25th 9-5pm	7.30am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE EMMETT TRAINING with TRIONA 26th 9-5pm	IYENGAR WORKSHOP with AISLING 6th 10-1pm	10am T'AI-CHI & QIGONG with DAVID 10.15am BABY MASSAGE with CECILIA	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE ONCOLOGY MASSAGE with KELLY 15th 10-4.30pm	9am IYENGAR YOGA with MAURA 10am-1pm INDIAN DANCE classes with SWARA REIKI with DEBI 2nd 9-5pm EMERGENCY FIRST AID AT WORK TRAINING with DEBI 9th 10-4.30pm MENOPAUSE MASSAGE TRAINING with KELLY 16th 10-4.30pm BOLLYWOOD DANCE TASTER with SWARA 16th 4.30-6pm CHI CORRECTION with VIC TUESDAY 5th 7.15-9.15pm	10.30am PILATES with AIMEE 10am-1pm INDIAN DANCE classes with SWARA ONCOLOGY MASSAGE TRAINING with KELLY 3rd 10-4.30pm KIRTAN with JULIE & VIC 3rd 7-8.45pm INTRO TO FUNCTIONAL BREATHING with XENIA 10th 12-1.30pm BEFRIENDING ANXIETY with XENIA 10th 2-4pm WIM HOF METHOD FUNDAMENTALS with ALEX 24th 11-3pm
3pm CHAIR YOGA with Claire	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 6.15pm PREGNANCY YOGA with DANI	Through the week COUNSELLING with Pauline, Mairghr�ad or Lily		
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 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 REST & RELAX YOGA with OLIVIA	DRUM CIRCLE with CURIOUS COMMUNITY 1st 7-8.30pm		

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Private bookings and therapies available