



# SEPTEMBER 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  10.30am PILATES with AIMEE  <b>KIRTAN</b> with JULIE & VIC SUNDAY 8th 7-8.45pm
10am VINYASA FLOW YOGA with VALERIE	8am OPEN PRACTICE YOGA  10am IYENGAR YOGA with CLAIRE  11.30am HATHA YOGA with SUSAN	<b>SOMATIC ALIGNMENT 5 DAY TRAINING</b> with SANTIAGO 18th - 22nd 8am-5.30pm	10.30am MOVING MAMAS with KERRY	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>FUNDAMENTAL BREATHING</b> with ALEX 7th 9-10.30am  <b>INSPIRED WORKSHOP</b> with JULIE 7th 2-5pm  <b>MYSORE ASHTANGA</b> with GABRIELLA 21st 9-10.45am  <b>WIM HOF METHOD FUNDAMENTALS</b> with ALEX 21st 11-3pm	
	11.30am CHAIR YOGA with CLAIRE		1pm T'AI-CHI with JULIE-ANNE	10am BABY MASSAGE with NATALIE		
6pm GENERAL YOGA with RACHEL  6.15pm YOGA (BEGINNERS +) with DIANA  6.30pm YOGA FOR ATHLETES with LUCIE	6pm IYENGAR YOGA with CLAIRE  6pm BEGINNERS YOGA with TOMEK	6pm MOVE TO HEAL with ROSE  6pm MYSORE ASHTANGA with GABRIELLA  6.30pm ACRO YOGA with LU	6pm IYENGAR YOGA with CLAIRE  6pm JIVAMUKTI YOGA with STEVEN	Through the week <b>COUNSELLING</b> with PAULINE, KATE, CLAIRE, or LILY		
7.30pm AERIAL YOGA with SANDRA  7.40pm BEGINNERS YOGA with RACHEL  7.45pm SHAMANISM with BRIAN <b>OR</b> 8pm GONG BATH with SOUNDHENG IRELAND	<b>INTRO TO YIN</b> with LUCIE 3rd 6-7pm  7.15pm MINDFUL MEDITATION with FIONA  7.30pm IYENGAR YOGA with CLAIRE	7.15pm CHI WALKING with VIC  7.15pm MAKING SENSE of MINDFULNESS with VERONICA	7.30pm AERIAL YOGA with SANDRA  7.30pm MOVE TO HEAL with ROSE  7.30pm TRAINEE yoga sessions with CLAIRE	<b>DRUM CIRCLE</b> with CURIOUS COMMUNITY 13th 7-8.30pm		

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Private bookings and therapies available