



SEPTEMBER 2025 PROGRAMME

(Regular classes plain text, events/workshops in bold)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					MONTHLY MINDFULNESS GATHERING with VERONICA 6th 10.30-12.45pm MIND-BODY SPA with CLARE 13th 2-5pm REIKI TRAINING with DEBI 27th Through the week COUNSELLING with MAIRGHRÉAD, KATE, SIOBHAN or MARGARET	9am IYENGAR YOGA on teaching rota 10.30am PILATES with AIMEE 11am SUNDAY STRETCH & SOOTHE YOGA with CATHY
10am VINYASA FLOW YOGA with VALERIE 4.30pm DRAMA THERAPY with MEABH	8am OPEN PRACTICE YOGA 10am IYENGAR YOGA with CLAIRE 11.30am HATHA YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE	10.30am GENTLE BREATH-LED YOGA with MAGGIE IYENGAR WORKSHOP CLAIRE 17th 10-1pm JAPANESE HEAD SPA TRAINING Wed 18th 10-3pm	7.30am OPEN PRACTICE YOGA 9.25am ACTIVE YOGA with RACHEL 10.35am CHAIR YOGA with RACHEL BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2pm	7.15am CORE YOGA with EVA 10am IYENGAR YOGA with CLAIRE REFLEXOLOGY & MASSAGE with KAREN		5.30-7pm MEDITATION GROUP KIRTAN with JULIE & VIC SUNDAY 14th 7-8.45pm CHOOSING YOU with SARAH JAYNE 21st 10-2pm
6pm GENERAL YOGA with RACHEL 6.30pm YOGA FOR ATHLETES with LUCIE 7.40pm BEGINNERS YOGA with RACHEL	6pm IYENGAR YOGA with CLAIRE 6pm BEGINNERS YOGA with TOMEK 6.15pm YOGA (BEGINNERS +) with DIANA	6pm SUMMER YOGA with CLAIRE 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 YIN YOGA with LUCIE 11th 7.30-8.30pm	6pm YOGA FOR MEN with TOM 8pm TANGO with BELFAST TANGO SOCIETY		
7.45pm AERIAL YOGA with SANDRA GONG BATH with SOUNDHENG IRELAND 8-9.15pm <i>alternating with SHAMANISM</i> with BRIAN 7.45-9.45pm	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	DRUM CIRCLE with CURIOUS COMMUNITY 12th 7-8.30pm WELCOME EVENING with BELFAST TANGO SOCIETY 5th 7.30-8.30pm		

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Private bookings and therapies available