



SEPTEMBER 2026 PROGRAMME

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE CHECK WITH TEACHERS FOR TERM DATES					Through the week COUNSELLING with ANNE, KATE, KRISSEY, LILY & MARGARET -----	10.30am PILATES with AIMEE 12pm SUNDAY STRETCH & SOOTHE YOGA / REST & RESTORE with CATHY
10am GENTLE YOGA FLOW with VALERIE 10am IYENGAR YOGA with CLAIRE	11.30am HATHA YOGA with SUSAN 11.30am CHAIR YOGA with CLAIRE	IYENGAR WORKSHOP with CLAIRE 9th 9.30-12.30pm	10am IYENGAR YOGA with CLAIRE	10am IYENGAR YOGA with CLAIRE		
			BEGINNERS T'AI-CHI with JULIE-ANNE 1pm & 2.30pm	SHIATSU CLINIC with KATHLEEN 4th & 18th from 11.30am	HEART GATHERING mindfulness with VERONICA 12th 10.30-12.45am	SANGHA SITTING with LEAVES OF ONE TREE 6th 5.30-7.30pm
6pm GENERAL YOGA with CLAIRE 6.30pm HATHA YOGA - with LUCIE 7.40pm BEGINNERS YOGA with CLAIRE	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 MANDALA ART with BINDER 4th 7-9pm	MIND-BODY SPA RETREAT with CLARE 12th 2-5pm REIKI TRAINING with DEBI 26th 9am-5pm -----	THE MANTRA SONG CIRCLE with JULIE & VIC 6th 7-8.45pm THE NEURO-DIVERGENT BODY with BECCA 13th 10-1pm
7.45pm AERIAL YOGA with SANDRA GONG BATH with SOUNDHEDGE IRELAND 7th & 21st 8.15-9.30pm INTRO TO SHAMANISM with BRIAN 14th & 28th 7.45-9.45am	7.30pm IYENGAR YOGA with CLAIRE 7.30pm BOLLYWOOD ZUMBA with DEEPIKA	7.30pm YOGA FOR CHRONIC PAIN with DEIRDRE	7.30pm EVENING YOGA with OLIVIA CONSCIOUS CONNECTED BREATHWORK with MARY 24th 8-9.30pm	BENEATH THE SURFACE YIN/NIDRA with LUCIE 18th 7-9pm DRUM CIRCLE with CONNECTED CLUB 11th 7-8.30pm WOMEN'S CIRCLE with BINDER 25th	TRAUMA INFORMED YOGA TRAINING with PATRICIA & MAGGIE Friday 25th to Sunday 27th	SOUL ALIGNED CIRCLE with NIAMH 13th 6-7.45pm

VISIT WWW.MAITRISTUDIO.NET OR FIND US ON SOCIAL MEDIA @MaitriStudioBelfast

Private bookings and therapies available