

Location	Teacher	Style/ Description	Level	Day	Time	Cost
BLACKBURN						
Darwen Vale High School	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Booking essential – ring 01254 223018	Hatha Yoga	Beginners	Mon	6.30 - 8.00pm	Free with Beez card
Waves Water Fun Centre	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Booking essential – ring 01254 268806	Hatha Yoga	Beginners	Wed	6.00 - 7.30pm	Free with Beez card
Bolton						
Brightmet Methodist Hall Bury rd Brightmet Bolton	Carol Burke 0161 797 3877 carolburke@lineone.net	Hatha	General Mixed ability	Wed	7 – 8pm	£5.50
Burnley						
Burnley Invigor8 Health and fitness. Parker Lane, Burnley.	Kit Hartley, m.j.c.hartley@btinternet.com 01282 864723 07854207701	hatha	mixed level	Mon	7 - 8.30pm	£4

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Bury						
Bury Fire Station	Carol Burke 0161 797 3877 carolburke@lineone.net	Yoga for People with MS, Parkinsons, Wheelchair users	Gentle stretching Breathing techniques Relaxation	Mon	7 – 8pm	£3 Supported by Bury branch of MS society
Castle Leisure centre Bury town centre	Carol Burke 0161 797 3877 carolburke@lineone.net	Hatha	General Mixed ability	Tue	11 am - 12 noon	£4.70
Stables leisure club	Carol Burke	Hatha	General	Tue	6.30 -7.30	£4
Bolholt	0161 797 3877		Mixed ability	Tue	7.30 – 8.30	
Hotel Walshaw rd Bury	carolburke@lineone.net					
CHORLEY						
Euxton C of E primary school, Bank Lane, off Wigan Rd, Chorley	Janet Southworth 01257 794986	Hatha yoga pranayama meditation relaxation	Beginners intermediate	Mon	7.30- 9.00PM	
All Saints Scout Hut, Hodder Ave, PR7 2LR	Debbie Fraser 07940 594374 debbiedoesyoga@hotmail.co.uk 8-week course. Booking essential. Contact Debbie.	Hatha Yoga	Intermediate	Mon	8.30- 10.00pm	£40 for 8- week course

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CHORLEY						
Whittle-le-Woods Village Hall, PR6 7LN	Debbie Fraser 07940 594374 debbiedoesyoga@hotmail.co.uk 8-week course. Booking essential. Contact Debbie.	Hatha Yoga	Beginners	Tue	8.15-9.45pm	£40 for 8-week course
All Saints Scout Hut, Hodder Ave, PR7 2LR	Debbie Fraser 07940 594374 debbiedoesyoga@hotmail.co.uk 8-week course. Booking essential. Contact Debbie.	Hatha Yoga	Beginners	Wed	8.30-10.00pm	£40 for 8-week course
Whittle-Le-Woods village hall Chorley PR67LW	Janet Southworth 01257 794989	Hatha yoga pranayama meditation relaxation	Beginners intermediate	Thu	7.30-9.00pm	
LEIGH						
Leigh united reformed church union st. Leigh (no postcode)	Janet Southworth 01257 794988	Hatha yoga pranayama meditation relaxation	Beginners intermediate	Wed	8.00-9.30pm	

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Lowton						
Lane head Methodist church Lowton	Janet Southworth 01257 794987	Hatha yoga pranayama meditation relaxation	Beginners intermediate	Tue	7.30- 9.00PM	
LANCASTER						
CancerCare Slynedales Slyne Road Lancaster LA2 6ST	Carol Tresadern 1 to 1 mornings and early afternoons by appointment. CancerCare (01524) 381820 admin@cancercare.org.uk	Holistic Yoga Therapy	all abilities including beginners	Tue	10am - 12pm	Free to all eligible clients
CancerCare Slynedales Slyne Road Lancaster LA2 6ST	Carol Tresadern 1 to 1 mornings and early afternoons by appointment. CancerCare (01524) 381820 admin@cancercare.org.uk; www.cancercare.org.uk	Holistic Yoga Therapy	all abilities including beginners	Wed	10am - 12pm	Free to all eligible clients
LEYLAND						
Leyland Leisure Centre	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Ring 01772 432285.	Gentle Yoga	Beginners	Tue	12.00- 13.00pm	Contact centre for details

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MORECAMBE						
Blue Lotus Yoga Heysham Morecambe	Carol Tresadern 07776 087 978 Yoga.BlueLotus@Zen.co.uk www.BlueLotusYoga.net	Change4Life	All levels welcome	Mon	4.45 – 6.15 pm	£50 for ten weeks. Booking essential
Blue Lotus Yoga Heysham Morecambe	Carol Tresadern 07776 087 978 Yoga.BlueLotus@Zen.co.uk www.BlueLotusYoga.net	Holistic Yoga	All levels welcome	Mon	6.30 – 8.00 pm	Varies depending on how many sessions booked at once.
Blue Lotus Yoga Heysham Morecambe	Carol Tresadern 07776 087 978 Yoga.BlueLotus@Zen.co.uk www.BlueLotusYoga.net	Holistic Yoga	All levels welcome	Thu	4.45 – 6.45 pm	Varies depending on how many sessions booked at once.
Blue Lotus Yoga Heysham Morecambe	Carol Tresadern 07776 087 978 Yoga.BlueLotus@Zen.co.uk www.BlueLotusYoga.net	Holistic Yoga	All levels welcome	Thu	6.30 – 8pm	£50 for ten weeks Booking essential
PRESTON						
South Ribble Tennis Centre, Bamber Bridge	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Booking essential. Ring 01772 620421.	Hatha Yoga	Beginners/ Intermediate	Tue	6.30- 8.00pm	Contact Centre for details

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PRESTON						
West View Leisure Centre, off Ribbleton Lane	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Ring 01772 796788.	Hatha Yoga	Beginners	Thu	6.45-8.15pm	Contact Centre for details
West View Leisure Centre, off Ribbleton Lane	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Ring 01772 796788.	Ashtanga Yoga	Intermediate	Thu	8.15-9.45pm	Contact Centre for details
Hesketh Bank Village Hall, Station Rd, Hesketh Bank, Preston	Red Rose Counselling & Yoga Samantha Anderson prayeralike@yahoo.co.uk 07738765839	Hatha Yoga	Mixed Ability	Wed	7pm-8.30pm	Drop in/open class
Penwortham Leisure Centre	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Ring 01772 432285.	Over 50s Yoga	Beginners/ Intermediate	Fri	10.00-11.30am	Contact Centre for details
South Ribble Tennis Centre, Bamber Bridge	Debbie Fraser debbiedoesyoga@hotmail.co.uk Pay as you go. Booking essential. Ring 01772 620421.	Hatha Yoga	Beginners/ Intermediate	Fri	5.00-6.30pm	Contact Centre for details

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Ramsbottom						
Whittle Pike Day Centre, Hazel Street, Ramsbottom	Helen Willmot 0776 1925701 helenyoga@live.co.uk	Hatha yoga	Mixed	Mon	7pm - 8.30pm	
Rosendale						
St. Peter's Community Centre Hall St., Haslingden, Rosendale BB4 6PD	Liz Kenyon lizkenyonyoga@talktalk.net 01706 214693	Hatha	Mixed	Tue	1.15pm- 2.45pm	£4
The Unitarian Church Bank St. Rawtenstall BB4 7QY	Liz Kenyon lizkenyonyoga@talktalk.net 01706 214693	Hatha	Mixed	Tue	7.15pm- 8.45pm	£4
RUFFORD						
Rufford Village Hall , Flash Lane L40 1SW	RUFFORD YOGA GROUP, Ann.pennell@sky.com, 01704 823109	Hatha yoga	all abilities including beginners	Thu	7pm - 8.30pm	Drop in, Term time