

Location	Teacher	Style/ Description	Level	Day	Time	Cost
<b>Bramhall</b>						
Brookdale Club, Bridge Lane, Bramhall, SK7 3AB	Lynn Skeldon, lynnskeldon@hotmail.com, TEL: 01625 260650	Hatha Yoga	Beginners/ Intermediate	Mon	09:45- 11:30 AM	£5.50 Per Session, or block bookings £55.00 for 12 sessions
Brookdale Club, Bridge Lane, Bramhall, SK7 3AB	Lynn Skeldon, lynnskeldon@hotmail.com, TEL: 01625 260650	Hatha Yoga	Beginners/ Intermediate	Tue	09:30- 11:15 AM	£5.50 Per Session, or block bookings £55.00 for 12 sessions
<b>Cheadle Hulme</b>						
United Reform Church Hall, Swann Lane, SK8 7HU	Lesley Cranwell; hello@omstop.com; 0161 494 7544	Hatha Yoga	Mixed ability	Thu	7.30 - 9.15 pm	£5 / session drop in
<b>Congleton</b>						
United Reformed Church Hall, Antrobus Street, Congleton	Anne Goldstraw, anne.goldstraw@btinternet.com; www.simplyyoga.org.uk	Hatha Yoga	Mixed ability	Wed	7.00- 8.30pm	£6/session or £40 for 8 sessions
Congleton Yoga Shala to the rear of 29 Canal Street Congleton Yoga Shala CW12 3AE	lucyforsyth@gmail.com 01260 281638 www.congletonyoga.co.uk	Hatha Yoga	Mixed Ability	Sun	7- 8.30 p.m.	£62 for 10 weeks

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<b>Congleton</b>						
Congleton Yoga Shala to the rear of 29 Canal Street Congleton CW12 3AE	lucyforsyth@gmail.com 01260 281638 www.congletonyoga.co.uk	Yoga for Pregnancy	Mixed Ability	Mon	7 – 8.15 pm	£30 for 5 weeks
Congleton leisure Centre Worral Street Congleton CW12 1DT	lucyforsyth@gmail.com 01260 281638 www.congletonyoga.co.uk	Hatha Yoga	Mixed Ability	Tue	7.30 – 9	£50 for 10
Congleton Yoga Shala to the rear of 29 Canal Street Congleton CW12 3AE	lucyforsyth@gmail.com 01260 281638 www.congletonyoga.co.uk	Yoga for Injury & Illness	Gentle class	Wed	10.30 – 11.30 am	£50 for 10 weeks
Congleton Yoga Shala to the rear of 29 Canal Street Congleton CW12 3AE	lucyforsyth@gmail.com 01260 281638 www.congletonyoga.co.uk	Post-natal	with babies	Thu	10.30 11.45 am	£60 for 10 weeks
Congleton Yoga Shala to the rear of 29 Canal Street Congleton CW121 3AE	lucyforsyth@gmail.com 01260 281638 www.congletonyoga.co.uk	Hatha	Mixed Ability	Thu	6 – 7.30 pm	£62 for 10 weeks

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<b>Congleton</b>						
Congleton Yoga Shala to the rear of 29 Canal Street  Congleton CW12 3AE	lucyforsyth@gmail.com 01260 281638  www.congletonyoga.co.uk	Hatha	Mixed Ability	Fri	11 am to 12.30 pm	£62 for 10 weeks
<b>Crewe</b>						
South Cheshire College,  G003, Tower Block, Dane Bank Avenue, CW2 8AB	Rick Calligaro, rickcalligaro@hotmail.com Contact the College, 01270 654654 or enrol on line - <a href="http://www.s-cheshire.ac.uk">http://www.s-cheshire.ac.uk</a>	Hatha Yoga	Beginners	Thu	5.30 - 7.00pm	block booking £51 for 10 sessions; Concessions available
South Cheshire College,  G003, Tower Block, Dane Bank Avenue, CW2 8AB	Rick Calligaro, rickcalligaro@hotmail.com Contact the College, 01270 654654 or enrol on line - <a href="http://www.s-cheshire.ac.uk">http://www.s-cheshire.ac.uk</a>	Hatha Yoga	Mixed ability	Thu	7.00 - 8.30pm	block booking £51 for 10 sessions; Concessionsa vailble
<b>Hale</b>						
The Balance Studio 17 Cecil Road, Hale, Cheshire,	Elisa Ferguson Elisa@thebalancestudio.co.uk 07710 331685, 0161 928 8280	Pregnancy and Post Natal Yoga			Day and Evening	please contact teacher

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<b>Hartford</b>						
Sir John Deanes College Hartford, Northwich, Cheshire	juliaosbeck@aol.com	Hatha Yoga	Mixed ability	Tue	6- 7.30 pm	£45 for course of 10
		Hatha Yoga	Mixed ability	Tue	7.45- 9.15 pm	£45 for course of 10
<b>Hazel Grove</b>						
Methodist Church Hall, Wesley Street, SK7 5LZ	Lesley Cranwell; hello@omstop.com	Hatha Yoga	Mixed ability	Mon	7.30 - 9pm	£5 / session, drop in
<b>Holmes Chapel</b>						
AP Fitness Club, Station Road, Holmes Chapel, Cheshire	juliaosbeck@aol.com	Hatha Yoga	Mixed ability	Mon	6.30- 7.30pm	£5 Drop in
		Hatha Yoga	Mixed ability	Thu	12.30- 1.30pm	£5 Drop in
<b>Knutsford</b>						
Civic Centre, Toft Road, Knutsford (where the cinema is)	Alison 01625 525936 or email cr.cheshire@bwy.org.uk	BWY, KHYF, AYS (‘Viniyoga’)	Mixed Ability, Beginners welcome	Mon	1.00-2.30 p.m.	£55 for 10 sessions, or £7
Civic Centre, Toft Road, Knutsford (where the cinema is)	Alison 01625 525936 or email cr.cheshire@bwy.org.uk	BWY, KHYF, AYS (‘Viniyoga’)	Mixed Ability, Beginners welcome	Mon	7.30-9.00 p.m.	£55 for 10 sessions, or £7

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<b>Littleton</b>						
Chester Rugby Club Hare Lane, Littleton. CH3	Paula Hamp, phamp@waitrose.com 01244 336039	Hatha Yoga	Mixed ability	Tues	7.30 - 9.00pm	£45 for 10 weeks
<b>Lydgate</b>						
Dorothy May Nursery School, 38 Stockport, Lydgate OL4 4JJ	Contact Inga M:07908 66 51 22 or e- mail: Inga@szel.co.uk for details		Pregnancy	Wed	11.30- 1.00pm (school term)	£6.00
Dorothy May Nursery School, Lydgate	Contact Inga M:07908 66 51 22 or e- mail: Inga@szel.co.uk for details		children's yoga			
<b>Macclesfield</b>						
Macclesfield Library, Jordangate, Macclesfield	Anne Goldstraw, anne.goldstraw@btinternet.com, www.simplyyoga.org.uk	Hatha Yoga	Mixed ability	Tue	10.00 - 11.30 am	£6/session/ £40 for 8 sessions
<b>Middlewich</b>						
Middlewich High School, Drama Studio	chris.shepherd@middlewichhigh.ch eshire.sch.uk; www.middlewichhigh.cheshire.sch.u k; claire@ckendrick.fslife.co.uk	Hatha Yoga	Mixed Ability	Mon	7.30 - 8.30pm	£24 for 8 weeks

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<b>Nantwich</b>						
Methodist Church, Main Lounge, Hospital St, CW5 5RP	Rick Calligaro rickcalligaro@hotmail.com 01270 625042.	Hatha Yoga	Mixed ability	Mon	10.00 - 11.30am	£5 pre- booked; £6 drop in
Peggy Killick Suite, Civic Hall, Market St  CW5 5DG	Rick Calligaro rickcalligaro@hotmail.com  01270 625042.	Hatha Yoga	Mixed ability	Mon	8.00 - 9.30pm	£5 pre- booked; £6 drop in
St Mary's Church House, Market Sq. CW5 5RQ.	Rick Calligaro rickcalligaro@hotmail.com 01270 625042.	Hatha Yoga	Mixed ability	Tue	5.30 - 7pm	£5 pre- booked; £6 drop in. Register first
Civic Hall, Market St; CW5 5DG	Anne Holroyd; anne@holroyd.net		Intermed/ Advanced	Tue	7- 8pm	
St Mary's Church House, Market Sq. CW5 5RQ.	Rick Calligaro rickcalligaro@hotmail.com 01270 625042.	Hatha Yoga	Mixed ability	Wed	10.00 - 11.30am	£5 pre- booked; £6 drop in
St Mary's Church House, Market Sq.  CW5 5RQ.	Rick Calligaro rickcalligaro@hotmail.com  01270 625042.	Ashtanga	Intermed/ Advanced	Wed	6 - 7.30m	£5 pre- booked; £6 drop in. Register first

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<b>Nantwich</b>						
St Mary's Church House, Market Sq. CW5 5RQ.	Rick Calligaro rickcalligaro@hotmail.com 01270 625042.	Hatha Yoga	Mixed ability	Thu	10.00 - 11.30am	£5 pre- booked; £6 drop in. Register first
Civic Hall, Market St; CW5 5DG	Anne Holroyd; anne@holroyd.net		All levels including beginners	Thu	7- 8.15pm	
<b>NORTHWICH</b>						
St Johns Church hall ,Norley Rd, Cuddington. CW8 2JU	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Relax & renew Therapeutic Yoga	Mixed ability & experience	Mon	6.15- 7.30pm	£7 drop in, £30 for 6 week course. concessions available
St Johns Church hall ,Norley Rd, Cuddington. CW8 2JU	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Dynamic Vinyasa Yoga- Connect to the core	Mixed ability & experience	Mon	7.45-9pm	£7 drop in, £30 for 6 week course. concessions available
Kingsmead Primary School Off Dukes Way CW9 8WA	Alison Colyer 01606 42668, 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Hatha Yoga	Mixed Ability	Mon	7.00-8.30 pm	£6 drop in or £4.50/class for half term block

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<b>NORTHWICH</b>						
St Marys Church Hall, Church Street Weaverham Northwich. CW8 3NJ	Jackie Morton jackie.morton@hotmail.co.uk; 0775575129	Vinyasa Flow Yoga	Mixed ability	tues	7.00 - 8.30pm	£6 session drop in, £30 for 6 sessions
Hartford Tennis & Bowls Club  Chester Road CW8 1LW	Alison Colyer  01606 42668 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Hatha Yoga	Mixed Ability	Tues	1.15 – 2.30 pm	£6 drop in or £4.50 /class for half term block
Hartford Tennis & Bowls Club Chester Road CW8 1LW	Alison Colyer 01606 42668 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Hatha Yoga	Mixed Ability	Tues	2.45 – 4.00 pm	£6 drop in or £4.50 /class for half term block
Hartford Tennis & Bowls Club Chester Road CW8 1LW	Alison Colyer 01606 42668 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Hatha Yoga	Mixed Ability	Wed	9.30 – 11.00 am	£6 drop in or £4.50 /class for half term block

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<b>NORTHWICH</b>						
Comberbach Memorial Hall Comberbach CW9 6AU	Alison Colyer 01606 42668 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Hatha Yoga	Mixed Ability	Wed	8.00 – 9.30 pm	£6 drop in or £4.50 /class for half term block
Rudheath Leisure Centre Shipbrook Road CW9 7EL	Alison Colyer 01606 42668 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Hatha Yoga	Mixed Ability	Thu	6.45 – 8.00 pm	Payment to Rudheath Leisure Centre, 01606 41051
Lostock Gralam Community Centre Stubbs Lane CW9 7PU	Alison Colyer 01606 42668 07932 698604 alison@blissfulliving.org www.blissfulliving.org	Pregnancy Yoga	Pregnant	Sat	10.00 – 12 noon	£10 single session or £45 for 6 classes
Sandiway & Cuddington Community Centre, Norley Rd, Cuddington.CW8 2LB	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Dynamic Vinyasa Yoga- Connect to the core	Mixed ability & experience	Thu	8-9.15pm	£7 drop in, £30 for 6 week course. concessions available

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<b>Runcorn</b>						
Yoga4u, Preston Brook Village Hall, Runcorn	Lynn Fowler, lynnyoga4u@yahoo.co.uk; 0781 105 8159	Hatha	Mixed	Thu	7:00 - 8:30	£5/session drop in
<b>Sale</b>						
Springfield School, Springfield Road M33 7XS	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Mon	6.00 to 7.00pm	£44.50 for 10 weeks
Northern School of Yoga 41 Northenden Rd M33 2DL	Jemma Kellerher 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Beginners	Mon	7.00 to 8.00pm	£44.50 for 10 weeks
Springfield School, Springfield Road M33 7XS	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Mon	7.15 to 8.15pm	£44.50 for 10 weeks
Springfield School, Springfield Road M33 7XS	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Mon	8.30 to 9.30pm	£44.50 for 10 weeks
Northern School of Yoga 41 Northenden Rd M33 2DL	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Yoga for the Retired	Tue	5.30 to 6.30pm	£44.50 for 10 weeks

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<b>Sale</b>						
Northern School of Yoga 41 Northenden Rd M33 2DL	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Tue	7.00 to 8.00pm	£44.50 for 10 weeks
Sale Conservative Club 161 Dane Road M33 2NG	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Wed	1.30 to 3.00pm	£46.00 for 10 weeks
Northern School of Yoga 41 Northenden Rd M33 2DL	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Wed	7.00 to 8.00pm	£44.50 for 10 weeks
Northern School of Yoga 41 Northenden Rd M33 2DL	Christine Royle 0161 973 8319 ro.northwest@bwy.org.uk	Meditation + Relaxation	Mixed Ability	Wed	8.15 to 9.15pm	£44.50 for 10 weeks
Northern School of Yoga 41 Northenden Rd M33 2DL	Katie Duffy 0161 973 8319 ro.northwest@bwy.org.uk	Hatha	Mixed Ability	Thur	6.30 to 7.30pm	£44.50 for 10 weeks
Northern School of Yoga 41 Northenden Rd M33 2DL	Anna White 0161 499 0710 annawht@aol.com	Pregnancy	Mixed Ability	Thur	7.45 to 9.00pm	Contact Teacher

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<b>Sandbach</b>						
Peter Doughty Building, Sandbach School, Crewe Road, Sandbach	(Contact Adult Education 01270 767322); www.sandbachschool.cheshire.sch. uk; contact Claire 07876 482 635; claire@ckendrick.fslife.co.uk; concessions may apply please ask	Hatha Yoga		Tue	6.15 - 7.15pm	Block booking £44 for 11 weeks
Peter Doughty Building, Sandbach School, Crewe Road, Sandbach	(Contact Adult Education 01270 767322); www.sandbachschool.cheshire.sch. uk; contact Claire 07876 482 635; claire@ckendrick.fslife.co.uk; concessions may apply please ask	Hatha Yoga		Tue	8.15 - 9.15pm	Block booking £44 for 11 weeks

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<b>Sandbach</b>						
Peter Doughty Building, Sandbach School, Crewe Road, Sandbach	(Contact Adult Education 01270 767322); www.sandbachschool.cheshire.sch. uk; contact Claire 07876 482 635; claire@ckendrick.fslife.co.uk; concessions may apply please ask	Hatha Yoga / Yin Yoga		Wed	6.00 - 7.00pm	Block booking £44 for 11 weeks
Peter Doughty Building, Sandbach School, Crewe Road, Sandbach	(Contact Adult Education 01270 767322); www.sandbachschool.cheshire.sch. uk; contact Claire 07876 482 635;	Hatha Yoga		Thur	7.00 - 8.00pm	Block booking £44 for 11 weeks
Peter Doughty Building, Sandbach School, Crewe Road, Sandbach	(Contact Adult Education 01270 767322); www.sandbachschool.cheshire.sch. uk; contact Claire 07876 482 635;	Hatha Yoga		Thur	8.00 - 9.00pm	Block booking £44 for 11 weeks
Peter Doughty Building, Sandbach School, Crewe Road, Sandbach	claire@ckendrick.fslife.co.uk; concessions may apply please ask	Hatha Yoga / Yin Yoga		Fri	6.10 - 7.10pm	

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<b>Stalybridge</b>						
St.Peter's Church Hall, 119 Brierley Street, Stalybridge SK15 3DZ	Inga M:07908 66 51 22 or e-mail: Inga@szel.co.uk		Pregnancy	Tue	4.45 - 6.00pm (school term)	£5.00
St.Peter's Church Hall, 119 Brierley Street, Stalybridge SK15 3DZ	Inga M:07908 66 51 22 or e-mail: Inga@szel.co.uk		Mixed ability	Tue	6.30 - 8.00pm (school term)	£5.00 (drop in) or £4.00 (book in advance for each term)
St.Peter's Primary School, Stalybridge	Contact Inga M:07908 66 51 22 or e-mail: Inga@szel.co.uk for details		children's yoga			
<b>Stockport</b>						
Romiley Leisure Centre	Jacqueline Fantom jacqueline.fantom@ntlworld.com			Fri	9.30 - 10.30 a.m.	
<b>Warrington</b>						
Whittle Hall Community Centre, Lonsdale close, Great Sankey WA5 3UA	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Relax & renew Therapeutic Yoga	Mixed ability & experience	Tue	1.30- 2.45pm	£7 drop in., £30, 6 week course, concessions available

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<b>Warrington</b>						
Hood Lane community centre, Crosfields Recreation Ground, Hood Lane North, Great Sankey,WA5 1ET	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Dynamic Vinyasa Yoga- Connect to the core	Mixed ability & experience	Tue	6.30-8pm	£7 drop in., £30, 6 week course, concessions available
Warrington Climbing Centre, Near Tesco, Warrington.	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Dynamic Vinyasa Yoga- Connect to the core	Mixed ability & experience	Wed	12.10- 12.50pm	£7 drop in., £30, 6 week course, concessions available
Appleton Parish Hall, Dudlow Green Rd, Appleton. WA4 5EQ. no classes on b,10 mar, 2&9 june, 1 & 8 sept & 10 nov	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Relax & renew Therapeutic Yoga	Mixed ability & experience	Wed	6.15- 7.30pm	£7 drop in., £30, 6 week course, concessions available
Appleton Parish Hall, Dudlow Green Rd, Appleton. WA4 5EQ. no classes on 10 mar, 2&9 june, 1 & 8 sept & 10 nov	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Dynamic Vinyasa Yoga- Connect to the core	Mixed ability & experience	Wed	7.45-9pm	£7 drop in., £30, 6 week course, concessions available

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<b>Warrington</b>						
St Margaret's Community Centre, Lindley Av, Latchford. WA4 1QB	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Relax & renew Therapeutic Yoga	Mixed ability & experience	Fri	10.30-11.45am	£7 drop in, £30, 6 week course, concessions available
<b>Wilmslow</b>						
Dean Row Village Hall, Browns Lane, Wilmslow, SK9 2BR	Lynn Skeldon, lynnskeldon@hotmail.com, 01625 260650	Hatha Yoga	Beginners/ Intermediate	Thu	19:30-21:15 PM	£5.50 Per Session, or block bookings £55.00 for 12 sessions
United Reformed Church, Chapel Lane, Wilmslow SK9 1PR	Alison 01625 525936 or email cr.cheshire@bwy.org.uk	BWY, KHYF, AYS ('Viniyoga')	Mixed ability, Beginners welcome	Mon	10.00-11.30 a.m.	£60 for 10 sessions, or £7.50
Winsford Lifestyle centre, Winsford CW7 1AD	Tabitha (MSc. BWY Dip) 07754 434350 tab@yogaincheshire.com	Therapeutic yoga for health & well being	Suitable for all - speak to GP for referral	Thu	Daytime	Ask centre for details

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<b>Wistaston</b>						
Memorial Hall, Main Hall, Church Lane CW2 8ER.	Rick Calligaro rickcalligaro@hotmail.com 01270 625042.	Hatha Yoga	Mixed ability	Thu	2.00 - 3.00pm	£4.50 drop in
<b>Woodley</b>						
Woodley Methodist Church	jennyhardy01@googlemail.com	Hatha yoga	mixed ability	Thu	7.30 - 9.00pm.	