

HATHA YOGA CLASSES

Yoga classes suitable for men and women of all ages/abilities



MONDAY Village Hall Church Minshull, near Nantwich 10 to 11.15am

TUESDAY Civic Hall, Market Street, Nantwich 7pm to 8pm (intermediate/advanced)

THURSDAY Civic Hall, Market Street, Nantwich 7pm to 8.15pm (suitable for all)

Private and small group classes including pilates classes available by appointment

A few lessons can help you learn the basics and integrate better into a group class