



Day	Time	Class Name		Price/* Concession		Location	Level
Starting 19 April 2016 Tuesday Evening	19.10-19.55	Yin Yoga 45	Drop In - space limited booking recommended. Email info@yoga-aura.co.uk to book	£4.50*/£5 £9*/10 for Yin & Yang Yoga Class	Term time only	Yoga Cheadle, Cheadle Village Hall, Brook Road, Cheadle, Cheshire, SK8 1PQ	All Levels including beginners
Starting 19 April 2016 Tuesday Evening	20:00-21:15	Yang Yoga - Ashtanga Rocket Vinyasa Flow	Drop In - space limited booking recommended. Email info@yoga-aura.co.uk to book	£6*/£7 £9*/10 for Yin & Yang Yoga Class	Term time only	Yoga Cheadle, Cheadle Village Hall, Brook Road, Cheadle, Cheshire, SK8 1PQ	All Levels including beginners
Starting 23 April 2016 Saturday Morning	10:15-11:30	Ashtanga Rocket Vinyasa Flow	Drop In	£6*/£7	Term time only	Torkington Community Centre, London Rd, Hazel Grove, Stockport, SK7 4DF	All Levels including beginners
Starting 26 April 2016 Tuesday Morning	09:30 - 10.45	Community Class - General Yoga - A mix of Hatha, Asthanga Vinyasa, Yin and Restorative with Pranayama and Yoga Nidra Mediation Techniques	Drop In	£6*/£7	Term time only	Torkington Community Centre, London Rd, Hazel Grove, Stockport, SK7 4DF	All Levels including beginners
Starting 14 September 2016 Wednesday	19:15 - 20:30	Ashtanga Rocket Vinyasa Flow	Drop In	£6*/£7	Term time only	Prestbury Village Hall	All Levels including beginners
Thursday	09:45 - 11:15	Community Class Ladies General Yoga Class - Jojo and Kate	Drop In	Partly Funded	Weekly	The Hub, Hattersley	All Levels including beginners
Thursday	12:00 - 13:15	Community Vinyasa Flow Yoga Class - Jojo and Kate	Drop In	Partly Funded	Weekly	The Hub, Hattersley	All Levels including beginners
Pre-natal Pregnancy Yoga classes starting in September 2016!							