



Congleton Iyengar Yoga Centre

Summer classes

There will be a shorter programme of classes from week commencing Mon 25th July through to Friday 2nd Sept as follows:

Monday, Wednesday and Thursday mornings – no classes

Monday evening 6.00pm with Christina/*Christine:
July 25th Aug 1st, *8th, *15th, 22nd

Monday evening 8.00pm with Christine:
Aug 1st, 8th, 15th, 22nd
No classes July 25th, Aug 29th (Bank Hol) and 5th Sept

Tuesday no classes

Wednesday evening 6.00pm with Lauren:
17th, 24th, 31st August and 7th September

Thursday evening at 6.30pm with Julie:
July 28th, Aug 4th, 11th, 18th, 25th, Sept 1st

Friday morning 9.30am with Louise:
July 29th, Aug 5th and Sept 2nd

Sunday evening 6.30pm with Julie:
July 31st, Aug 7th, 14th, 21st, 28th, Sept 4th

These can be booked through Bookwhen as a course or as single classes. <https://bookwhen.com/congletoniyengaryoga>