

Leanne Hunter

Yoga Teacher

07964 300933

East Cheshire



@yogaserenity_with_leanne



Hatha: Moving through a flow of postures at a slower pace, taking more time to extend the breath and flow through each posture. Postures are normally held for longer periods than in a Vinyasa flow.

Vinyasa: A dynamic sequence of postures, beautifully intertwined together creating a dance like sequence. The flow will seal together these postures with the inclusion of breath work and strengthening sun salutations.

Yin: A slower practice incorporating principles of Chinese medicine, where poses are held between 2 to 5 minutes, normally with the support of yoga blocks and/or bolsters. Yin focuses on loosening any fascial adhesions, working with the connective tissues of the body.

Classes	Mon	Tue	Wed	Thu	Fri	Sat
Congleton Yoga Tree website			Vinyasa 7:00 - 8.15 am			
Bollington  website		Vinyasa 9:30- 10:30 am	Yin 8-9 pm	Hatha 9:30- 10:30 am		Hatha 10-11 am
Shavington  website					Friday mornings from end July	
Sandbach  website	Vinyasa 8-9pm (Starting 15 th July)				Vinyasa 6-7pm, 7-8pm & 8-9pm from 19 th July	
Congleton gymetc. Website				7.40- 8.40pm (Starting end July)		