



Anti-Gravity Yoga

Sessions will take place at the Martial Arts Centre in Widnes (WA8 0GZ)

Family sessions (all welcome to attend)

Sunday 7th December 2025, 1.15-2.15pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/083c8ee9>

Sunday 25th January 2026, 1.15-2.15pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/d2d3523e>

Sunday 22nd February 2026, 1.15-2.15pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/e95f25c2>

Sunday 29th March 2026, 1.15-2.15pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/cb0b279f>

Adult sessions

Tuesday 6th January 2026, 11.30am-12.30pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/7f0711a6>

Thursday 5th February 2026, 11.30am-12.30pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/242c6cd9>

Tuesday 3rd March 2026, 11.30am-12.30pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/c4d9a058>

Tuesday 17th March 2026, 11.30am-12.30pm

<https://cheshireautismpracticalsupport.beaconforms.com/form/24767732>