

Profile of Anne Harrison

Anne Harrison is best known as the person who owned and ran the most loved gym in Ilkley; Bodies Health Club. Bodies opened in 1988 after Anne retrained from her original career in nursing, and it quickly became a hit with all sections of the Ilkley population. Bodies Health Club operated successfully for 17 years.

Her next venture was with a Cornish golf club and although this was successful the lure of a 'fitness and well-being' related business back in Ilkley was too strong. So following one of her personal loves Anne retrained again to become a Dru Yoga teacher, and in 2009 started to run classes, under the name of Bodies Yoga, so that she could share the yoga experience with others.

Once again this has proved to be successful and Bodies Yoga now offers a whole range of yoga tuition including one-to-one personal classes at home, small 3-4 person classes in her own studio and open classes at Baptist Church hall on Monday evenings. Anne's passion for yoga and her desire to share this, shows through both in her classes and in her involvement with Dru Yoga training, where she helps other aspiring teachers.

I asked Anne what comes next? She laughed and replied "Bodies Yoga has got a long way to go yet and I plan on teaching and sharing yoga for the rest of my life. I have plans for yoga retreats, workshops and much more personal tuition so just keep your eye on my web-site".

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Anne indulging another passion – walking her son's dog, Merlin, on Ilkley moor.

