



Chair Yoga for All at The Alice Cross – Summer 2024

	Tuesdays 2.30-3.30pm	Wednesdays 10.45-11.45am
Half-Term 1		
Week 1	16 th April	17 th April
Week 2	23 rd April	24 th April
Week 3	30 th April	1 st May
Week 4	7 th May	8 th May
Week 5	14 th May	15 th May
Week 6	21 st May	22 nd May
Half-Term 2		
Week 1	4 th June	5 th June
Week 2	11 th June	12 th June
Week 3	18 th June	19 th June
Week 4	25 th June	26 th June
Week 5	2 nd July	3 rd July
Week 6	9 th July	10 th July
Week 7	16 th July	17 th July
Week 8	23 rd July	24 th July

Half Term 1 - £30 and Half Term 2 - £40 (*£6 pay as you go – please check availability)

Booking Information

If you miss any of the sessions in your prepaid block the following options are available to you so you can maintain your practice:

1) join the Thursday 10.30-11.30am Zoom class on the following link instead

<https://us02web.zoom.us/j/81812133156>

2) or subject to availability attend an alternative face to face chair yoga class either at the Alice Cross Centre in Teignmouth or the Riverside Centre in Dawlish.

If I have to cancel classes I will offer you the option of carrying over any credits or having a full refund.

To secure your place please make payment by bank transfer to or by cheque/cash.

*If you pay as you go it is useful to know if you are/are not coming to class so I can have a chair ready for you. If I haven't heard from you for a few weeks your space may have been offered to someone on the waiting list so please check availability.

It is not possible to limit all noise and disturbance within the venue. To keep it to a minimum I would appreciate your assistance - please give yourself enough time to arrive so the class can start promptly and ensure mobile phones are switched to silent.

For any further information about classes or a chat about your yoga practice please contact Lisa.

Phone: 07714 644468

Email: lisayogaforall@gmail.com

Or see website: www.lisa-yogaforall.com