



Yoga for All at Kenton Victory Hall – Summer 2024

	Mondays 9.15-10.15am & 10.30-11.30am	Thursdays 8.00-9.00pm
Half-Term 1		
Week 1	15 th April	18 th April
Week 2	22 nd April	25 th April
Week 3	29 th April	2 nd May
Week 4	No Yoga	9 th May
Week 5	13 th May	16 th May
Week 6	20 th May	No Yoga
Half-Term 2		
Week 1	3 rd June	6 th June
Week 2	10 th June	13 th June
Week 3	17 th June	20 th June
Week 4	24 th June	27 th June
Week 5	1 st July	4 th July
Week 6	8 th July	11 th July
Week 7	15 th July	18 th July
Week 8	22 nd July	25 th July

Half Term 1 - £37.50 and Half Term 2 - £60

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) receive a recorded session to practice at home. This will be sent via a Zoom link (which will have a set expiry date).
- 2) join the Zoom live-streamed class on Wednesdays 5-6pm on this link <https://us02web.zoom.us/j/82294583964>
- 3) or subject to availability attend an alternative face to face class.

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 or by cheque/cash.

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. If you are waiting for the previous class to finish, be aware that they will still be enjoying their relaxation.

For 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