



Chair Yoga for All at the Riverside Centre – Summer 2024

Wednesdays 2.30 – 3.30pm	
Half-Term 1	
Week 1	17 th April
Week 2	24 th April
Week 3	1 st May
Week 4	8 th May
Week 5	15 th May
Week 6	22 nd May
Half-Term 2	
Week 1	5 th June
Week 2	12 th June
Week 3	19 th June
Week 4	26 th June
Week 5	3 rd July
Week 6	10 th July
Week 7	17 th July
Week 8	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 at the Alice Cross Centre in Teignmouth.

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.

*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: lisyogaforall@gmail.com

Or see website: www.lisa-yogaforall.com