



Yoga for All at the Riverside Centre – Summer 2024

Tuesdays 9.30-10.30am, 10.45-11.45am and 12.00-1.00pm	
Half-Term 1	
Week 1	16 th April
Week 2	23 rd April
Week 3	30 th April
Week 4	7 th May
Week 5	14 th May
Week 6	21 st May
Half-Term 2	
Week 1	4 th June
Week 2	11 th June
Week 3	18 th June
Week 4	25 th June
Week 5	2 nd July
Week 6	9 th July
Week 7	16 th July
Week 8	23 rd July

Half Term 1 - £45 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 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