



## Garden Yoga – Summer 2024

|    | Thursdays 12-1pm &<br>5.30-6.30pm |
|----|-----------------------------------|
| 1  | 27 <sup>th</sup> June             |
| 2  | 4 <sup>th</sup> July              |
| 3  | 11 <sup>th</sup> July             |
| 4  | 18 <sup>th</sup> July             |
| 5  | 25 <sup>th</sup> July             |
| 6  | 1 <sup>st</sup> August            |
| 7  | 8 <sup>th</sup> August            |
| 8  | 15 <sup>th</sup> August           |
| 9  | 22 <sup>nd</sup> August           |
| 10 | 29 <sup>th</sup> August           |

All ten sessions paid in advance £60

Individual sessions paid in advance £7 each

Drop in on the day if spaces are available £8

### Booking Information

Sessions will take place in my garden in Kenton (please contact me for address and directions). Parking is on the street or in Kenton public car park.

Please dress and bring layers to accommodate all weathers, don't forget suncream and sun hats on sunny days.

If you miss a prepaid garden session you can join the Zoom class or receive a yoga recording instead.

If I have to cancel the class because it is too rainy then I will offer you a refund. Please note the class will still go ahead if it is overcast or light drizzle.

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

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

Phone: 07714 644468

Email: [lisayogaforall@gmail.com](mailto:lisayogaforall@gmail.com)

Or see website: [www.lisa-yogaforall.com](http://www.lisa-yogaforall.com)