



## Yoga for All at The Alice Cross Centre – Autumn 2024

Tuesdays 4.15 - 5.15pm	
<b>Half-Term 1</b>	
Week 1	3 <sup>rd</sup> September
Week 2	10 <sup>th</sup> September
Week 3	17 <sup>th</sup> September
Week 4	24 <sup>th</sup> September
Week 5	1 <sup>st</sup> October
Week 6	8 <sup>th</sup> October
Week 7	15 <sup>th</sup> October
Week 8	22 <sup>nd</sup> October
<b>Half-Term 2</b>	
Week 1	5 <sup>th</sup> November
Week 2	12 <sup>th</sup> November
Week 3	19 <sup>th</sup> November
Week 4	26 <sup>th</sup> November
Week 5	3 <sup>rd</sup> December
Week 6	10 <sup>th</sup> December
Week 7	17 <sup>th</sup> December

**Half-Term 1 - £60 & Half Term 2 - £52.50**

### 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.

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

Phone: 07714 644468

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

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