



Chair Yoga for All at The Alice Cross – Autumn 2024

	Tuesdays 2.30-3.30pm	Wednesdays 10.45-11.45am
Half-Term 1		
Week 1	3 rd September	4 th September
Week 2	10 th September	11 th September
Week 3	17 th September	18 th September
Week 4	24 th September	25 th September
Week 5	1 st October	2 nd October
Week 6	8 th October	9 th October
Week 7	15 th October	16 th October
Week 8	22 nd October	23 rd October
Half-Term 2		
Week 1	5 th November	6 th November
Week 2	12 th November	13 th November
Week 3	19 th November	20 th November
Week 4	26 th November	27 th November
Week 5	3 rd December	4 th December
Week 6	10 th December	11 th December
Week 7	17 th December	18 th December

Half Term 1 - £40 and Half Term 2 - £35 (*£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:

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 class either at the Alice Cross Centre in Teignmouth or the Riverside Centre in Dawlish.

3) or receive a recording link via zoom of the class you missed.

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.

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