



Yoga for All at Kenton Victory Hall – Autumn 2024

	Mondays 9.15-10.15am & 10.30-11.30am	Thursdays 8-9pm
Half-Term 1		
Week 1	2 nd September	5 th September
Week 2	9 th September	12 th September
Week 3	16 th September	19 th September
Week 4	23 rd September	26 th September
Week 5	30 th September	3 rd October
Week 6	7 th October	10 th October
Week 7	14 th October	17 th October
Week 8	21 st October	24 th October
Half-Term 2		
Week 1	4 th November	7 th November
Week 2	11 th November	14 th November
Week 3	18 th November	21 st November
Week 4	25 th November	28 th November
Week 5	2 nd December	5 th December
Week 6	9 th December	12 th December
Week 7	16 th December	19 th 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: lisayogaforall@gmail.com

Or see website: www.lisa-yogaforall.com