



Yoga for All at The Riverside Centre – Autumn 2024

| Tuesdays 9.30-10.30am, 10.45-11.45am & 12-1pm | |
|---|----------------------------|
| Half-Term 1 | |
| Week 1 | 3 rd September |
| Week 2 | 10 th September |
| Week 3 | 17 th September |
| Week 4 | 24 th September |
| Week 5 | 1 st October |
| Week 6 | 8 th October |
| Week 7 | 15 th October |
| Week 8 | 22 nd October |
| Half-Term 2 | |
| Week 1 | 5 th November |
| Week 2 | 12 th November |
| Week 3 | 19 th November |
| Week 4 | 26 th November |
| Week 5 | 3 rd December |
| Week 6 | 10 th December |
| Week 7 | 17 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: lisyogaforall@gmail.com

Or see website: www.lisa-yogaforall.com