



## Chair Yoga for All at the Riverside Centre – Autumn 2024

Wednesdays 2.30 – 3.30pm	
<b>Half-Term 1</b>	
Week 1	4 <sup>th</sup> September
Week 2	11 <sup>th</sup> September
Week 3	18 <sup>th</sup> September
Week 4	25 <sup>th</sup> September
Week 5	2 <sup>nd</sup> October
Week 6	9 <sup>th</sup> October
Week 7	16 <sup>th</sup> October
Week 8	23 <sup>rd</sup> October
<b>Half-Term 2</b>	
Week 1	6 <sup>th</sup> November
Week 2	13 <sup>th</sup> November
Week 3	20 <sup>th</sup> November
Week 4	27 <sup>th</sup> November
Week 5	4 <sup>th</sup> December
Week 6	11 <sup>th</sup> December
Week 7	18 <sup>th</sup> 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 at the Alice Cross Centre in Teignmouth.

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.**

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