



## Yoga for All on Zoom – Autumn 2024

Wednesdays 5.00 – 6.00pm	
<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 - £48 and Half Term 2 - £42 (or £6.50 pay as you go)**

### Booking Information

This is the link for Yoga on Zoom which is the same each week:

<https://us02web.zoom.us/j/82294583964>

If you miss any of the sessions in your prepaid block the following options are available to you:

- 1) receive a recording of the week's session for you to practice at home. This will be sent via a Zoom link (which will have a set expiry date).
- 2) 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](mailto:lisayogaforall@gmail.com)

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