



Chair Yoga for All on Zoom – Autumn 2024

	Thursdays 10.30-11.30am
Half-Term 1	
Week 1	5 th September
Week 2	12 th September
Week 3	19 th September
Week 4	26 th September
Week 5	3 rd October
Week 6	10 th October
Week 7	17 th October
Week 8	24 th October
Half-Term 2	
Week 1	7 th November
Week 2	14 th November
Week 3	21 st November
Week 4	28 th November
Week 5	5 th December
Week 6	12 th December
Week 7	19 th December

Half-Term 1 - £48 and Half Term 2 - £42 (Or £6.50 pay as you go)

Booking Information

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

<https://us02web.zoom.us/j/81812133156>

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 recording of the week's session to practice in your own time. 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 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