



## Chair Yoga for All at the Riverside Centre – Spring 2025

Wednesdays 2.30 – 3.30pm	
<b>Half-Term 1</b>	
Week 1	8 <sup>th</sup> January
Week 2	15 <sup>th</sup> January
Week 3	22 <sup>nd</sup> January
Week 4	29 <sup>th</sup> January
Week 5	5 <sup>th</sup> February
Week 6	12 <sup>th</sup> February
<b>Half-Term 2</b>	
Week 1	26 <sup>th</sup> February
Week 2	5 <sup>th</sup> March
Week 3	12 <sup>th</sup> March
Week 4	19 <sup>th</sup> March
Week 5	26 <sup>th</sup> March
Week 6	2 <sup>nd</sup> April

**Half Term 1 - £30 and Half Term 2 - £30**

**(If you are not paying for a whole Half Term then it is £6 a session\*)**

### 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 card/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.

To allow the class to be restful and relaxing for everyone please give yourself enough time to arrive so the class can start promptly without disturbance and ensure mobile phones are switched to silent.

**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)