



## Yoga for All at The Riverside Centre – Spring 2025

Tuesdays 9.30-10.30am, 10.45-11.45am & 12-1pm	
<b>Half-Term 1</b>	
Week 1	7 <sup>th</sup> January
Week 2	14 <sup>th</sup> January
Week 3	21 <sup>st</sup> January
Week 4	28 <sup>th</sup> January
Week 5	4 <sup>th</sup> February
Week 6	11 <sup>th</sup> February
<b>Half-Term 2</b>	
Week 1	25 <sup>th</sup> February
Week 2	4 <sup>th</sup> March
Week 3	11 <sup>th</sup> March
Week 4	18 <sup>th</sup> March
Week 5	25 <sup>th</sup> March
Week 6	1 <sup>st</sup> April

### Half-Term 1 - £45 & Half Term 2 - £45

#### 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 card/cheque/cash.

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)