



Chair Yoga for All on Zoom – Spring 2025

	Thursdays 10.30-11.30am
Half-Term 1	
Week 1	9 th January
Week 2	16 th January
Week 3	23 rd January
Week 4	30 th January
Week 5	6 th February
Week 6	13 th February
Half-Term 2	
Week 1	27 th February
Week 2	6 th March
Week 3	13 th March
Week 4	20 th March
Week 5	27 th March
Week 6	3 rd April

Half-Term 1 - £36 and Half Term 2 - £36

(If you are not paying for a whole Half Term then it is £6.50 a session*)

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.

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

Yoga & Chair Yoga Online Classes Teaching Disclaimer

This class is a beginner/intermediate level and is suitable for most fitness levels. To take part in this class you will need a yoga mat. For the chair class you will need a chair without wheels stood on a stable surface (preferably on a yoga mat). A block and belt may be useful on occasions, (cushions, folded blankets and scarves can be used instead). Have some water to hand to make sure you stay hydrated.

You are about to take part in a class which will be live streamed to a restricted number of participants. During the class, you (or anyone else who comes into the frame, including children) may be visible to other participants. Please switch off your video if you do not wish to be seen by other participants or may disturb or be disturbed during the class by other people.

This class will be recorded as some participants repeat the class later in the week.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation. Please note that although you may appear on video link during the live stream of the class, the instructor may not be able to see you clearly or instruct you individually as is possible in a face-to-face teaching scenario.

Participant Rules:

- You must act responsibly and sensibly at all times.
- You must not participate if you are unwell, in the first trimester of pregnancy or under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher's yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Clear enough space to safely carry out the exercises without hitting items around you.
- Check that the device you are using is securely positioned and will not interfere with your movement.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
- Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort

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By accessing and participating in this class you confirm that you have read and understood this disclaimer.

Reviewed & Updated July 2024