



## Chair Yoga for All with Lisa at The Alice Cross – Summer 2025

	<b>Tuesdays 2.30-3.30pm</b>	<b>Wednesdays 10.45-11.45am</b>
<b>Half-Term 1</b>		
Week 1	22 <sup>nd</sup> April	23 <sup>rd</sup> April
Week 2	29 <sup>th</sup> April	30 <sup>th</sup> April
Week 3	6 <sup>th</sup> May	7 <sup>th</sup> May
Week 4	13 <sup>th</sup> May	14 <sup>th</sup> May
Week 5	20 <sup>th</sup> May	21 <sup>st</sup> May
<b>Half-Term 2</b>		
Week 6	3 <sup>rd</sup> June	4 <sup>th</sup> June
Week 7	10 <sup>th</sup> June	11 <sup>th</sup> June
Week 8	17 <sup>th</sup> June	18 <sup>th</sup> June
Week 9	24 <sup>th</sup> June	25 <sup>th</sup> June
Week 10	1 <sup>st</sup> July	2 <sup>nd</sup> July
Week 11	8 <sup>th</sup> July	9 <sup>th</sup> July
Week 12	15 <sup>th</sup> July	16 <sup>th</sup> July
Week 13	22 <sup>nd</sup> July	23 <sup>rd</sup> July

**Half Term 1 - £25 and Half Term 2 - £40**

**Or £6 a session pay as you go**

### **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 class either at the Alice Cross Centre in Teignmouth or the Riverside Centre in Dawlish.

If I have to cancel classes, I will offer you the option of carrying over any credits or having a full refund.

Please make payment by bank transfer or by card/cheque/cash.

**For any further information about classes or a chat about your yoga practice please contact Lisa.**

Phone: 07714 644468

Email: [lisyogaforall@gmail.com](mailto:lisyogaforall@gmail.com) or see website: [www.lisa-yogaforall.com](http://www.lisa-yogaforall.com)