



Chair Yoga for All with Lisa at the Riverside Centre - Summer 2025

Wednesdays 2.30 – 3.30pm	
Half-Term 1	
Week 1	23 rd April
Week 2	30 th April
Week 3	7 th May
Week 4	14 th May
Week 5	21 st May
Half-Term 2	
Week 6	4 th June
Week 7	11 th June
Week 8	18 th June
Week 9	25 th June
Week 10	2 nd July
Week 11	9 th July
Week 12	16 th July
Week 13	23 rd 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 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.

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: lisayogaforall@gmail.com

Or see website: www.lisa-yogaforall.com