



## Lisa Yoga for All at the Riverside Centre – Summer 2025

<b>Tuesdays</b> <b>9.30-10.30am, 10.45-11.45am &amp; 12-1pm</b>	
<b>Half Term 1</b>	
1	22 <sup>nd</sup> April
2	29 <sup>th</sup> April
3	6 <sup>th</sup> May
4	13 <sup>th</sup> May
5	20 <sup>th</sup> May
<b>Half Term 2</b>	
7	3 <sup>rd</sup> June
8	10 <sup>th</sup> June
9	17 <sup>th</sup> June
10	24 <sup>th</sup> June
12	1 <sup>st</sup> July
13	8 <sup>th</sup> July
14	15 <sup>th</sup> July
15	22 <sup>nd</sup> July

**Half-Term 1 - £37.50 & Half Term 2 - £60**

### Booking Information

If you miss any of the sessions in your prepaid block the following options are available:

- 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 class in Dawlish, Teignmouth or Kenton.

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 this class or support with 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)