



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

	<b>Tuesdays 2.30-3.30pm</b>	<b>Wednesdays 10.45-11.45am</b>
<b>Half-Term 1</b>		
Week 1	2 <sup>nd</sup> September	3 <sup>rd</sup> September
Week 2	9 <sup>th</sup> September	10 <sup>th</sup> September
Week 3	16 <sup>th</sup> September	17 <sup>th</sup> September
Week 4	23 <sup>rd</sup> September	24 <sup>th</sup> September
Week 5	30 <sup>th</sup> September	1 <sup>st</sup> October
Week 6	7 <sup>th</sup> October	8 <sup>th</sup> October
Week 7	14 <sup>th</sup> October	15 <sup>th</sup> October
Week 8	21 <sup>st</sup> October	22 <sup>nd</sup> October
<b>Half-Term 2</b>		
Week 9	4 <sup>th</sup> November	5 <sup>th</sup> November
Week 10	11 <sup>th</sup> November	12 <sup>th</sup> November
Week 11	18 <sup>th</sup> November	19 <sup>th</sup> November
Week 12	25 <sup>th</sup> November	26 <sup>th</sup> November
Week 13	2 <sup>nd</sup> December	3 <sup>rd</sup> December
Week 14	9 <sup>th</sup> December	10 <sup>th</sup> December
Week 15	16 <sup>th</sup> December	17 <sup>th</sup> December

**Half Term 1 - £40 and Half Term 2 - £35**

**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.

Payments can be made by bank transfer or by card/cash.

\*If you pay as you go it is useful to know if you are/are not coming to class so I can have a chair ready for you. If I haven't heard from you for a few weeks your space may have been offered to someone on the waiting list so please check availability.

**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)