



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

Wednesdays 2.30 – 3.30pm	
Half-Term 1	
Week 1	3 rd September
Week 2	10 th September
Week 3	17 th September
Week 4	24 th September
Week 5	1 st October
Week 6	8 th October
Week 7	15 th October
Week 8	22 nd October
Half-Term 2	
Week 9	5 th November
Week 10	12 th November
Week 11	19 th November
Week 12	26 th November
Week 13	3 rd December
Week 14	10 th December
Week 15	17 th 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 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.

To secure your place please make payment by bank transfer or 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

Or see website: www.lisa-yogaforall.com