



Chair Yoga for All with Lisa at The Alice Cross – Spring 2026

	Tuesdays 2.30-3.30pm	Wednesdays 10.45-11.45am
Half-Term 1		
Week 1	6 th January	7 th January
Week 2	13 th January	14 th January
Week 3	20 th January	21 st January
Week 4	27 th January	28 th January
Week 5	3 rd February	4 th February
Week 6	10 th February	11 th February
Half-Term 2		
Week 7	24 th February	25 th February
Week 8	3 rd March	4 th March
Week 9	10 th March	11 th March
Week 10	17 th March	18 th March
Week 11	24 th March	25 th March
Week 12	31 st March	1 st April

Half Term 1 - £30 and Half Term 2 - £30

Or £6 a session pay as you go

Booking Information

If you pay for a block and miss any of the sessions the following options are available:

- 1) Attend an alternative class that week at either the Alice Cross Centre, the Riverside Centre or online.
- 2) Receive a recording of the class via a Zoom link.

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.

If I have to cancel classes, I will offer you a full refund.