



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

	<b>Tuesdays 2.30-3.30pm</b>	<b>Wednesdays 10.45-11.45am</b>
<b>Half-Term 1</b>		
Week 1	21 <sup>st</sup> April	22 <sup>nd</sup> April
Week 2	28 <sup>th</sup> April	29 <sup>th</sup> April
Week 3	5 <sup>th</sup> May	6 <sup>th</sup> May
Week 4	12 <sup>th</sup> May	13 <sup>th</sup> May
Week 5	19 <sup>th</sup> May	20 <sup>th</sup> May
<b>Half-Term 2</b>		
Week 6	2 <sup>nd</sup> June	3 <sup>rd</sup> June
Week 7	9 <sup>th</sup> June	10 <sup>th</sup> June
Week 8	16 <sup>th</sup> June	17 <sup>th</sup> June
Week 9	23 <sup>rd</sup> June	24 <sup>th</sup> June
Week 10	30 <sup>th</sup> June	1 <sup>st</sup> July
Week 11	7 <sup>th</sup> July	8 <sup>th</sup> July
Week 12	14 <sup>th</sup> July	NO YOGA
Week 13	21 <sup>st</sup> July	22 <sup>nd</sup> July

**Half Term 1 - £27.50 and Half Term 2 - £44 (£38.50 for Wednesday class)**

**Or £6.50 a session pay as you go**

### **Booking Information**

Block payments are non-refundable and non-transferrable but if you miss any prepaid sessions you can:

- 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.

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

**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)