



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

	Tuesdays 2.30-3.30pm	Wednesdays 10.45-11.45am
Half-Term 1		
Week 1	21 st April	22 nd April
Week 2	28 th April	29 th April
Week 3	5 th May	6 th May
Week 4	12 th May	13 th May
Week 5	19 th May	20 th May
Half-Term 2		
Week 6	2 nd June	3 rd June
Week 7	9 th June	10 th June
Week 8	16 th June	17 th June
Week 9	23 rd June	24 th June
Week 10	30 th June	1 st July
Week 11	7 th July	8 th July
Week 12	14 th July	NO YOGA
Week 13	21 st July	22 nd 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 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 or see website: www.lisa-yogaforall.com