



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

	Tuesdays 2.30-3.30pm	Wednesdays 10.45-11.45am
Half-Term 1		
Week 1	1 st September	2 nd September
Week 2	8 th September	9 th September
Week 3	15 th September	16 th September
Week 4	22 nd September	23 rd September
Week 5	29 th September	30 th September
Week 6	6 th October	7 th October
Week 7	13 th October	14 th October
Week 8	20 th October	21 st October
Half-Term 2		
Week 9	3 rd November	4 th November
Week 10	10 th November	11 th November
Week 11	17 th November	18 th November
Week 12	24 th November	25 th November
Week 13	1 st December	2 nd December
Week 14	8 th December	9 th December
Week 15	15 th December	16 th December

Half Term 1 - £44 and Half Term 2 – £38.50 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.

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