



Chair Yoga for All with Lisa at the Riverside Centre – Autumn 2026

Wednesdays 2.30 – 3.30pm	
Half-Term 1	
Week 1	2 nd September
Week 2	9 th September
Week 3	16 th September
Week 4	23 rd September
Week 5	30 th September
Week 6	7 th October
Week 7	14 th October
Week 8	21 st October
Half-Term 2	
Week 9	4 th November
Week 10	11 th November
Week 11	18 th November
Week 12	25 th November
Week 13	2 nd December
Week 14	9 th December
Week 15	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