



Chair Yoga for All with Lisa on Zoom – Autumn 2026

Thursdays 10.00-11.00am	
Half-Term 1	
Week 1	3 rd September
Week 2	10 th September
Week 3	17 th September
Week 4	24 th September
Week 5	1 st October
Week 6	8 th October
Week 7	15 th October
Week 8	22 nd October
Half-Term 2	
Week 9	5 th November
Week 10	12 th November
Week 11	19 th November
Week 12	26 th November
Week 13	3 rd December
Week 14	10 th December
Week 15	17 th December

Half-Term 1 - £52 and Half Term 2 - £45.50 Or £7 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 the Alice Cross Centre or the Riverside Centre.
- 2) Receive a recording of the class via a Zoom link.

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

For further information please contact Lisa.

Phone: 07714 644468

Email: lisayogaforall@gmail.com

Or see website: www.lisa-yogaforall.com

Yoga & Chair Yoga Online Classes Teaching Disclaimer

The online yoga and chair yoga classes are beginner/intermediate level and are suitable for most fitness levels. It is always best to consult your GP if you have any concerns about joining the class and to let your teacher know of any current (or changes in) health conditions.

To take part in the yoga class you will need a non-slip mat. For the chair class you will need a chair without wheels stood on a stable surface (preferably on a yoga mat). A block and belt may be useful on occasions, (cushions, folded blankets and scarves can be used instead). Have some water to hand to make sure you stay hydrated.

The class will be live streamed to a restricted number of participants. During the class, you (or anyone else who comes into the frame, including children) may be visible to other participants. Please switch off your video if you do not wish to be seen by other participants or may disturb or be disturbed during the class by other people.

This class will be recorded as some participants repeat the class later in the week. Only the teacher will be visible in the recording.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation. Please note that although you may appear on video link during the live stream of the class, your teacher may not be able to see you clearly or instruct you individually as is possible in a face-to-face teaching scenario.

Participant Rules:

- You must act responsibly and sensibly at all times.
- You must not participate if you are unwell, in the first trimester of pregnancy or under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher's yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Clear enough space to safely carry out the exercises without hitting items around you.
- Check that the device you are using is securely positioned and will not interfere with your movement.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
- Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort

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By accessing and participating in this class you confirm that you have read and understood this disclaimer.

Reviewed & Updated December 2025