

Chair Yoga at The Alice Cross, Teignmouth – Spring 2022

Wednesdays 10.45 - 11.45am	
Half-Term 1	
Week 1	5 th January
Week 2	12 th January
Week 3	19 th January
Week 4	26 th January
Week 5	2 nd February
Week 6	9 th February
Week 7	16 th February
Half-Term 2	
Week 1	2 nd March
Week 2	9 th March
Week 3	16 th March
Week 4	23 rd March
Week 5	30 th March
Week 6	6 th April

Half-Term 1 - £42 & Half Term 2 - £36 (or £6 a week pay as you go if there is space)

Booking Information

Classes to be booked in advance (and paid for in advance if possible).

Payment by bank transfer if possible to L. Di Giuseppe 20-47-61 10400858 or cheque/cash.

Students on reduced income can apply for alternative payment arrangements.

If I have to cancel classes I will offer you the option of carrying over classes or having a full refund.

If you are unable to attend a class then you may attend an alternative class in Dawlish or on Zoom.

All new students are welcome to a free taster session.

For further information please contact Lisa.

Phone: 01626 890053 or 07714 644468

Email: lisayogaforall@gmail.com

Or see website: www.lisa-yogaforall.com