

YOGA WITH TESSA

SUMMER 2025 NEWSLETTER

Summer classes will be available both in person and as recordings through the summer break. NB times and venues may differ from the regular weekly classes

MONDAYS-

4th, 11th and 18th August

Zoom class 9.45 to 10.45 am

£10

28th July, 4th and 11th August

Chair based yoga class at Wrights Meadow Centre, Wrights Meadow Road, High Wycombe HP11 1SQ 11.15am to 12.15

£7

TUESDAY S-

5th, 12th and 19th August

Outdoor class at Hazlemere recreation ground 10 to 11am

NB weather permitting, please look for email updates on the day if needed

£10

RECORDINGS by request-

Monday morning Zoom classes

£10

Chair based yoga session suitable for all abilities available from 24th July

£8

'JUMP! Choose something you have been undecided about and jump! In other words, go ahead, take a chance, try something new or something you are unsure about. Notice how liberated you feel.'

www.yogawithtessa.wixsite.com/info and www.chair-yoga.org
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