

Yoga teacher training courses:



Yin Yoga Teacher Training
50 hours | September 14-18th, 2022

Online Yoga Teacher Training ▶
200 hours starting 12th October 2022



Yoga courses & special classes

Yoga Basics

Mondays 5.15-6.15PM starting July & August

Asana Lab

1st Saturday of each month
workshop Yoga Poses in a
supportive & inspiring setting

Kids Yoga

Wednesdays & Thursdays
3.30-4.15PM term time

For more
information,
please scan



YOGA BASICS COURSE

4 weeks basics classes
plus unlimited yoga & IR
sauna

\$90



Holidays

Holiday Pamper Week - \$259

1 week unlimited Yoga & IR Sauna (\$55)
2 x 60 minute massage or facial (\$220)



For more info on our range of
treatments, IR Sauna, and Holiday
Packages check out our sister page
www.forsterhealing.com.au

Welcome

We think you're awesome for picking up this timetable. Forster Yoga Studio is the ORIGINAL yoga studio in town and the only place in beautiful Forster where you can yoga every day of the week in an epic setting with stunning lake views! Our teachers feature some of the most skilled in our area, PLUS we are the only studio in the mid north coast offering certified Teacher Training.

Please note that some differences may occur on this printed timetable, and for the most up to date version, we refer you to our website. For any questions SMS or call us on 0422 390 570.



INTRO OFFER*

2 weeks unlimited yoga
& IR sauna

*one time per person only

\$49



Yoga Timetable

July - Sept 2022



Level 1, 48 Wharf Street
Forster 2428

E: info@forsteryogastudio.com.au
www.forsteryogastudio.com.au
0422 390 570

STUDIO
NOW
HEATED

Class Timetable



Class Descriptions

Vinyasa, Mindful Flow & Vin-Yin: In any of these classes, you will move through Sun Salutations and sequences of postures similar to Sun Salutations. Moving with breath allows you to build strength, stamina, resilience, flexibility and balance, all while feeling blissfully strong, centered and calm.

Slow Flow: A gentle and slower version of the above. Perfect for those wanting a more gentle flow or for those new to Vinyasa.

Luna Flow: A gentle evening flow that connects mind body and breath as one to unwind from the day, calm the nervous system and quieten the mind. The perfect preparation for bed.

Yin & Restorative Yoga: These classes are suitable for all levels and are a quiet floor based class where the poses are held for a period of time to gently stretch and rehabilitate the connective tissues in our joints. While a Restorative class is not taking your joints to its full stretch to allow deep relaxation and renewal, Yin Yoga is based on Traditional Chinese Medicine and stretches the body along various meridians (energy lines) to activate various functions in the body. In either classes you will feel nurtured, guided to be mindful and calm.

Singing Bowls: The sounds from crystal quartz bowls create vibrations that have a trancelike effect on the body. It's frequencies have healing effects on the cells, soothes stressed minds and opens hearts to bliss. We recommend a \$5-10 donation to our live musician who crowns our classes with her tailored tunes. Keep an eye out for which classes will have this beautiful offering added

Stay Young Yoga: Using the chair, these classes are gentle, yet you will improve strength, flexibility, and balance. Great for yogis with limited movement and injury management.

Healing Hatha: This is a gentle hatha class for all levels offering a mixture of stretching, breathing, meditation and relaxation techniques to gently soothe the body, mind and emotions, bringing a sense of balance and vitality to your being.

Classic Yoga: This class is a great class for beginners and experienced yogis alike. It involves poses to improve posture, strength, spinal health, balance, flexibility and form. It may include meditation, yoga nidra and mantra to heal, connect and soothe the mind body and spirit.

Sunday Session: Come and enjoy and once per month special offering. Restorative yoga; Yoga nidra; sound journey; meditation; and other goodies.

Community Class - Open to all and by donation. These classes will give our teaching graduates opportunity to develop their teaching styles. Come ready to breath, connect and move your body and support these beautiful blossoming teachers. We recommend a \$5-10 donation to our teachers to show your appreciation for this offering.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Vinyasa w Myles	6:30AM Vinyasa w Minna	Vinyasa w Mia	6:30AM Vinyasa w Brooke/Mike	Vinyasa w Mia	8:00AM Vinyasa 75mins w Ashari	
9:30AM	Vin Yin w Myles	Classic Yoga 75mins w Nitya	Mindful Flow w Tracy	Healing Hatha w Mia	Vin-Yin w Mia	Asana Lab 1st Sat 90 mins	9:00AM-10:00AM Community Class by donation
11:00AM	Stay Young Yoga w Minna		Stay Young Yoga w Tracy		Stay Young Yoga w Mia		
4:30PM - 5:25PM	Mindful Flow w Tracy	Healing Hatha w Ashari	Vinyasa w Fern	Healing Hatha w Tracy	Yin Yoga 75mins w Mia		3:00PM Slow Flow w Steph
5:35PM - 6:30PM	Healing Hatha w Tracy	6:00PM Luna Flow 75mins w Ashari	Yin Yoga w Mia	Vin Yin w Minna			4:30PM Sunday Session 2nd Sunday 90 mins w various teachers
Yoga courses *enrol separately	Yoga Basics 5.15-6.15pm		Kids Yoga 3.30-4.15pm term time	Kids Yoga 3.30-4.15pm term time	Gentle healing & calming classes	Moderate level of warming open to all levels	
					Chair Yoga for all ages	Stronger faster flowing classes - Yoga basics recommended	

* All classes and teachers subject to change. Please check online or with reception. All classes 60mins unless it states otherwise.

To book, go here

