

# Our memberships:

## Enlightened Yogi membership

3 x sessions per week  
\$31/week

## Limitless Yogi membership

Unlimited yoga per week  
\$39/week

## Limitless Yogi membership upfront:

Unlimited yoga + 52 infrared  
sauna sessions  
\$28.80/week = \$1499/year



## Class Packs:

Yoga Five Pack: \$95 (\$19/class)  
Yoga Ten Pack: \$169 (\$16.90/class)  
Concession Ten Pack: \$155 (\$15.50/class)  
Casual Drop In: \$25

## Private Yoga

### Choose your own Guru!

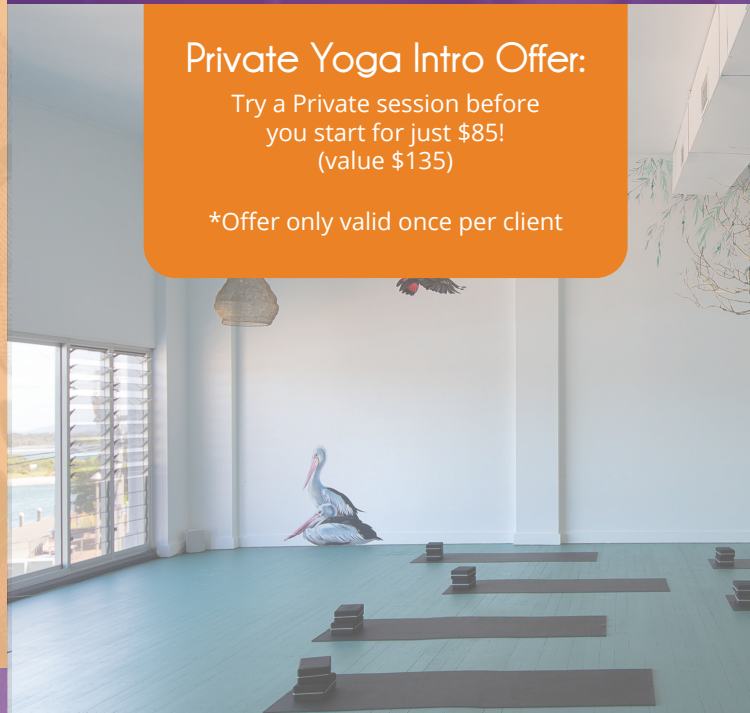
The dedication of our teachers transcends the concept of a job or the limitations of a class. Their unconditional love remains steadfast, even if you can't touch your toes or are having a bad hair day. However, if you desire more flexible thighs and the uplifting presence of a wise and gifted soul, consider immersing yourself in the energy of your favourite yoga guru through a private class. **It will help** and as Winnie the Pooh says -

*"It's so much more friendly with two."*

### Private Yoga Intro Offer:

Try a Private session before  
you start for just \$85!  
(value \$135)

\*Offer only valid once per client



## UNDER NEW MANAGEMENT

info@forsteryogastudio.com.au  
www.forsteryogastudio.com.au  
0422 390 570  
Level 1, 48 Wharf Street, Forster



## Timetable

Autumn 2024

*Possibly* the most  
beautiful yoga sanctuary  
*on the planet*





To book, go here



To read class descriptions, go here



# Class Timetable



**TWO WEEK INTRO OFFER\***  
 Unlimited Yoga +  
 2 x Infrared sauna sessions  
**\$59**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7AM Vinyasa		6 - 7AM Vinyasa		6 - 7AM Vinyasa		
	7 - 8AM Vinyasa		7 - 8AM Vinyasa			
					8 - 9:15AM Flow	8:30 - 9:45AM Yoga, Philosophy & Meditation
9:30 - 10:30AM Flow & Yin	9:30 - 10:45AM Hatha Yoga	9:30 - 10:30AM Flow	9:30 - 10:15AM Pilates	9:30 - 10:30AM Flow & Yin	9:30 - 10:30AM Yin	
11AM - 12PM Chair Yoga		11AM - 12PM Chair Yoga	10:30 - 11:30AM Hatha Yoga	11AM - 12PM Chair Yoga		
4:45 - 5:45PM Vinyasa	4:30 - 5:30PM Yin	4:30 - 5:30PM Flow	4:30 - 5:30PM Flow			
	5:15PM - 6:30PM Women's Aikido				Special Events Check Online Timetable	4:15 - 5:30PM Yin
6:00 - 7:00PM Yin	5:45 - 6:45PM Sound Healing <i>(3rd Tues of month)</i>	5:45 - 7:00PM Aroma Yin	6:30-8:00PM Shamanic Journey Meditation <i>(1st and 3rd Thursday of month)</i>	5:15 - 6:30PM Yin		
	5:45 - 6:56PM Giant Gongs <i>(first Tuesday of month)</i>					



## COLOUR CODES



**Courses**

**Events** - These are not offered weekly, go to our Events tab to find out dates.

All classes include breathwork and meditation, all classes will increase your flexibility and balance. All classes will include options to suit multiple levels of experience.

-  class builds heat, tone and strength
-  class offers calming and restoring elements, often with long held gentle stretches.

\* All classes and teachers subject to change. Please check online or with reception before attending your first class.