

Memberships & Class Packs

Annual Unlimited Yoga
\$1499 upfront (\$29/week)

Weekly Unlimited Yoga
\$39/week

Weekly Unlimited Concession
\$32/week

Seniors Chair Yoga
\$28/week



Class Packs:

Casual Drop In: \$30

Concession / Student Drop In: \$25

Yoga Ten Pack: \$190 (\$19/class)

Concession / Student Ten Pack:
\$165 (\$16.50/class)

Practitioners



REMEDIAL MASSAGE - BODY
THERAPY

Jennifer Richardson

With over 20 years' experience, Jennifer brings a compassionate and intuitive approach to bodywork. Combining skill, empathy, and deep listening, she supports clients to release tension, restore balance, and feel more at ease in their bodies.

www.forsterbodytherapy.com.au



KINESIOLOGIST - HOLISTIC
THERAPIST

Emma Sternberg

Emma is a holistic therapist with 20 years' experience supporting children and adults. She specialises in trauma, anxiety, and grief, using a somatic approach that combines bodywork, talk therapy, and practical guidance to help you better understand your body and experiences.

www.emmasternberg.com.au



COSMETIC TATTOOIST

Linda Titow

With over 17 years' experience, Linda is known for her precision and artistry. She specialises in natural-looking cosmetic tattooing, including brows, eyeliner, lips, and scar camouflage, helping clients feel confident with results that are refined, personalised, and beautifully subtle.

www.clinink.com.au



NATUROPATHY | INTUITIVE +
ENERGY HEALING | SOMATIC
BODYWORK

Saimaa Miller

Saimaa is a naturopath with over 20 years' experience supporting health and wellbeing. Her work combines natural medicine, intuitive healing, and somatic bodywork to help regulate the nervous system and bring greater balance to body, mind, and energy.

www.thenaturopath.com.au

info@forsteryogastudio.com.au

www.forsteryogastudio.com.au

0422 390 570

Level 1, 48 Wharf Street, Forster



FORSTER Yoga Studio

Autumn - Winter 2026

Possibly the most
beautiful yoga sanctuary
on the planet





To book, go here



To read class descriptions, go here

NEW PILATES CLASSES

Class Timetable

INFRA-RED SAUNA

\$40

5 Sauna Pack \$150

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7AM Vin/Yin (Ali)	6 - 7AM Pilates (Fernanda)	6 - 7AM Vinyasa (Peter)	6 - 7AM Vinyasa (Fernanda)	6 - 7AM Vinyasa (Mike)		
					8 - 9AM Flow (Myles)	
9:30 - 10:30AM Flow & Yin (Kris)	9:30 - 10:45AM Hatha Yoga (Nitya)	9:30 - 10:30AM Flow (Myles)	9:30 - 10:30AM Flow (Julia)	9:30 - 10:30AM Flow & Yin (Peter)	9:15 - 10:15AM Yin (Mike)	10AM - 11AM Community Free (Cathy & Team)
11AM - 12PM Chair Yoga (Nitya)		11AM - 12PM Chair Yoga (Ali)		11AM - 12PM Chair Yoga (Peter)	10:30AM Ice Bath (Mike)	
	12:15 - 1:15PM Flow (Cathy)	12:15 - 1:15PM Pilates (Fernanda)				
4:45 - 5:45PM Vinyasa (Mike)	4:30 - 5:30PM Yin & Reiki (Peter & Team)	4:30 - 5:30PM Flow (Ali)	4:30 - 5:30PM Vinyasa (Mella)	4:30 - 5:30PM Vinyasa (Myles)		4:15 - 5:30PM Yin (Ali)
6 - 7PM Yin (Mike)	5:45 - 7:00PM Myofascial Release (Mike)	5:45 - 7:00PM Aroma Yin (Ali)	5:45 - 6:45PM Yin & Meditation (Peter)	5:45 - 6:45PM Yin (Lara)	Special events/ workshops Check Online	

COLOUR CODES

EVENT: See Mومence for details

DROP IN \$30

VISITORS ONE WEEK UNLIMITED*

\$69

One Week Unlimited Yoga
1 x Infrared sauna session

- class builds heat, tone and strength
- class is not heat building but still incorporates some strong poses
- class offers calming and restoring elements, often with long held gentle stretches.

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

* First time only. One time per customer.