

Our memberships:

Weekly Limitless Yogi Membership

Unlimited Yoga
1 x Infrared Sauna per week
\$35/week

SENIORS / CONCESSION
\$28/week

Annual Limitless Yoga

Unlimited Yoga + 52 Infrared
Sauna sessions
\$1299 upfront (\$25/week)



Class Packs:

Casual Drop In: \$25
Concession Drop In: \$20
Yoga Five Pack: \$95 (\$19/class)
Yoga Ten Pack: \$169 (\$16.90/class)
Concession Ten Pack: \$155 (\$15.50/class)

Practitioners



ALISON-ROSE

Alison-Rose is a remedial massage therapist who utilises techniques aimed to create a deep sense of relaxation within the nervous system, while also addressing musculoskeletal concerns.

Alison-Rose will tailor your massage using combination of therapeutic, remedial and relaxation massage.



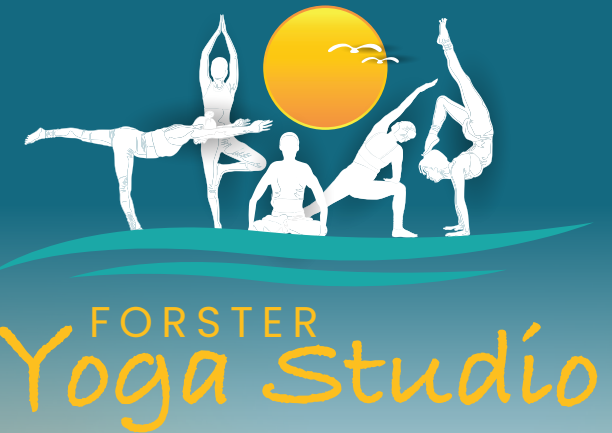
DEBBIE MILSON

Debbie is an experienced ATMS accredited Naturopath. Her practice centres on providing support for women's hormonal, thyroid and metabolic health. Helping women to reach optimal health.



ASHARI HUDSON

Ashari is a LIYF mentor. Spend time learning the language of your body so you can live a life in flow. Connect with yourself, each other, and the natural world as you start to learn the ways in which your body is softly guiding you. Ashari offers Sacred Women's Journeys and Embodied Flow classes to groups and 1:1 sessions to help you to reconnect you to your authentic self.
www.liyf.com.au



Summer 2024/25

Possibly the most
beautiful yoga sanctuary
on the planet



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

Class Timetable



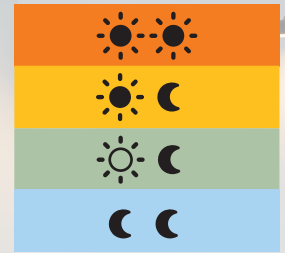
To book, go here



To read class descriptions, go here

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

COLOUR CODES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7AM Vinyasa	6 - 7AM Vinyasa	6 - 7AM Vinyasa	6 - 7AM Vinyasa	6 - 7AM Vinyasa		
7:15 - 8:15AM Yoga Basics	7:15 - 8:15AM Flow & Yin			7:15AM Ice Bath	8 - 9:15AM Flow	
9:30 - 10:30AM Flow & Yin	9:30 - 10:45AM Hatha Yoga	9:30 - 10:30AM Flow	9:30 - 10:30AM Yin	9:30 - 10:30AM Flow & Yin	9:30 - 10:30AM Yin	9:30 - 10:30AM Flow Starts Jan
11AM - 12PM Chair Yoga		11AM - 12PM Chair 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 & Yin	4:15 - 5:15PM Vinyasa	4:15 - 5:15PM Aroma Yin	4:15 - 5:15PM Yin
6:00 - 7:00PM Yin	5:45 - 6:45PM Flow	5:45 - 7:00PM Aroma Yin		5:30 - 6:30PM Yin	5:45 - 6:45PM Giant Gongs & Sound Healing <i>(1st Sat of month)</i>	Special Events Check Online

DROP IN
\$25

- 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.

* 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.