SUSIE ORR - YOGA

LOCATION

YOGA4LIFE, 12 PAUL STREET, BRIGHTON, QLD, 4017

NOT SUITABLE

IF IN PAIN FROM AN ACUTE INJURY
IF YOU'RE AFTER FAST, STRONG OR POWER YOGA
WHEN PREGNANT OR FOR 8 WEEKS POST-DELIVERY

PRICING

$18 PER CASUAL VISIT
$80/$50 CONCESSION FOR 5 CLASS PASS
$140/$100 CONCESSION FOR 10 CLASS PASS

BOOKINGS

FOR MONDAY'S CLASS, YOU CAN JUST TURN UP
FOR THURSDAY'S COURSE, PLEASE BOOK ONLINEFOR SATURDAY'S ONCE A MONTH EXTENDED CLASS, BOOK ONLINE

ARRIVE EARLY!

PLEASE TRY TO ARRIVE 5-10 MINUTES EARLY TO SETTLE IN FOR SOME 'ME-TIME'

PROPS

YOU'RE WELCOME TO BORROW OUR PROPS OR BRING YOUR OWN

WHAT TO WEAR

PLEASE WEAR LAYERS TO STAY AT A COMFORTABLE TEMPERATURE
CHOOSE EXERCISE CLOTHING THAT'S EASY TO MOVE IN