



THE MYALL EXPERIENCE

Useful Tips!



ARRIVE ON TIME

We recommend arriving to the studio at least **15 minutes prior to your class starting**. This is so we can register you into the class, show you around and give you time to put your things away and settle into the room. Remember you can always book your class ahead of time using the Myall Wellbeing app.



WHAT TO WEAR

Yoga - Activewear is perfect for a yoga class. Think leggings, crop tops, t-shirts, shorts or anything comfortable for you to move around in.

Meditation - Anything comfortable! Whether that's activewear or businesswear - our meditation can be done in pretty much anything! A yoga mat, blanket and props are all supplied and ready for you when you enter the room.



WHERE TO GO

We are located on the **corner of 55 St Georges Terrace and Sherwood Court, Perth WA**. Our yoga and meditation room is situated in the middle of the studio, through the sliding doors in the hallway. One of our friendly faces will be at the front desk to show you around before your class if you need!



BE MINDFUL OF OTHERS

If you're running a little late, pop your things away and head straight into the room.

Please be mindful to keep quiet to cause as little disruption to the class as possible.

If you're running more than 15 minutes late, we recommend rescheduling for a later class, especially for our shorter 30 minutes classes.



LOCKERS + PERSONAL BELONGINGS

We offer lockers for people who might be bringing more than just themselves to the studio. **Lockers are located at the end of the hallway, simply choose one, pop your phone/wallet/shoes in there and lock it up.** Keep the key with you until you're ready to collect your belongings.

BEST *parking* SPOTS ON NEXT PAGE! →

SUGGESTED PARKING

1. **Wilson Parking The Esplanade** - 2 minute walk. From \$9.00 Monday - Friday.
2. **CPP Parking Council House** - 3 minute walk. \$5.00per/hr Monday - Sunday.
3. **CPP Perth Convention Centre** - 10 minute walk. \$6.00per/hr Monday - Sunday.

