



Sherwood

YOGA + WELLBEING

Sherwood Yoga & Wellbeing is an eco studio rooted in the humble origins of mindful living.

With daily movement classes to suit any level, starting from \$15 per class, we make it easy for anybody to join us on the path to wellbeing.

For those wanting a more passive stroll to wellbeing, take advantage of our massage treatments gathered from across the globe.



Sherwood Yoga & Wellbeing
giving your practice a positive eco footprint.



www.sherwoodqueenstown.nz



WINTER MOVEMENT CLASSES

AWAKENING POWER HOUR

Through the powerful stretching of yoga & core strengthening of Pilates, Power Up your energy levels with this full body and mind kickstart to your day.

AWAKENING HATHA YOGA

Wake with the sunrise, warm the body & awaken the mind, with a gently flowing sequence of postures. Bring clarity to the mind, release to the body and energy to the spirit.

YIN YOGA

A passive practice designed to stretch connective tissue through seated or reclined postures. Each pose is held for 3-5mins giving the body time to release deep into the layers of fascia. Releasing long held tension in the body and mind

HATHA FLOW YOGA

A class designed to energize through mindfulness, body awareness and a flowing sequence of asanas. To build, strength, stability and flexibility. Free the body and mind of tension & stress and focus full within.

RESTORATIVE YOGA

A calming practice designed to totally release and refresh the body through long held restorative postures. Gift yourself the time to tap into any deeply rooted tension in the body and mind and leave feeling totally revived.

DYNAMIC VINYASA YOGA

Revitalize from your week with strong flowing sequence of asanas designed to challenge the body and the mind. Step beyond your boundaries as we explore arm balances, binds and inversions galor!

MYSORE ASHTANGA

Based on the eight limbs of yoga, a set series of postures guided by the breath. A vigorous full body and mind self practice perfect for those wishing to tune out of their mind and into their body. Previous Ashtanga knowledge required.

Beginners Led > 60min intro class
Mysore > 90min non guided self practice
Ashtanga Led > An intense 90min guided practice

PILATES

Pilates is an invaluable journey into attaining complete body awareness in everything you do. Developing long lean muscles, flexibility, core stability and strength. Pilates will train the body to move with ease and power. A perfect compliment to your daily Yoga practice, to improve postural alignment, control and efficiency of movement.

MOVEMENT CLASS PAYMENT OPTIONS

SINGLE CLASS

60min YOGA - \$15
90min YOGA - \$19
PILATES - \$15

10 CLASS PASS

(60min) - \$120
ALL CLASSES - \$160

UNLIMITED

1 MONTH \$170
3 MONTH \$420
1 YEAR \$1250



MASSAGE

Sherwood Yoga & wellbeing offer various massages to relieve and revive the body and soul. Using natural and Organic oils largely sourced from New Zealand.

ZEN YOGA MASSAGE

A fusion of Thai Massage and Chinese acupressure designed to release muscle tension, mobilize joints and release blockages within the body meridians. This treatment is done without oil please bring loose comfortable clothing.

1hr - \$120

TRADITIONAL AYURVEDIC ABHYANAGA OIL MASSAGE

Abhyanga massage is a full body oil massage, using Indian Ayurvedic oils designed to detoxify and cleanse, boost the effectiveness of the immune system, help with stress relief, improve circulation, and help with deep relaxation.

1hr - \$120

DEEP TISSUE OIL MASSAGE

A classic full body massage designed to release tension within the muscle, relaxing the body.

30min Back, Neck & Shoulder - \$75

45min Full Body - \$90

60min Full Body - \$120

THAI MASSAGE

Thai massage is a system of massage and manipulation developed in Thailand, and influenced by the traditional medicine systems of India, China, and Southeast Asia, as well as by yoga. Feel your body stretch and awaken to a full sense of relaxation and release.

60min - \$120 / 90min - \$150