



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

BEGINNERS YOGA

If you are new to Yoga or wanting gain a deeper understanding of the postures then this is the class for you.

EMBODIED FLOW

Embodied Flow is meditation in action. A moving, breathing meditation that can create deep transformation and change in our lives.

HONEY FLOW

Finding balance in this L2 Vinyasa Practice though strong and slow movements, as though we are moving through honey.

EMPOWERED FLOW

Set your day in motion with this powerful and releasing flow. Empowering you with the knowledge and strength to step into your fullest self.

RESTORATIVE YOGA NIDRA

This class begins with a restorative yoga practice, supported postures using props and bolsters. We explore basic breathing methods before transitioning into a full Yoga Nidra practice

ASHTANGA LED

Learn the Ashtanga fundamentals slowly, our focus will be on the breath, alignment and a simple finishing & relaxation sequence.

ASHTANGA

This class is for those who have experience already with Ashtanga yoga focusing on the half primary series with options to delve deeper into the 2nd half of the series. Please check with Katie King before attending this class.

FOUNDATIONS OF FLOW

In this class you will learn safe effective alignment so that you can flow with more ease and grace. Suitable for beginners and advanced yogis alike.

LOTUS FLOW

Lotus Flow yoga is a celebration of inspired movement, conscious breathing, and intentional music to create an experience of transformation.

YIN YANG FLOW

Flow through a series of yin and yang poses rooted in Chinese Medicine perspectives and meridian theories.

LAUGHTER YOGA

Laughter Yoga provides.....Greater flow of oxygen to the brain. More energy, more motivation, stress relief, and strengthening of the immune system.

YIN

A quieter but no less intense practice. Poses are held 2-5 minutes releasing fascia and opening up the energetic channels of the meridians.

SURYA FLOW

Energizing and grounding vinyasa practice to start the day.

MEDITATION

Is an invitation to be guided to reconnecting with yourself. Still the mind or ignite the passion, play and wisdom within.

WINTER MOVEMENT CLASS OPTIONS

10 CLASS PASS

SINGLE CLASS

60 & 75min CLASSES- \$120
90min CLASS- \$150

60 & 75min CLASSES- \$15
90min CLASS- \$19



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.



**60 MINUTE
FULL BODY MASSAGE \$120**

Deep Tissue
Relaxation
Lomi Lomi
Thai Massage



For more specialty massages please enquire at reception.



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MOVEMENT CLASSES WINTER SCHEDULE

	MORNING	AFTERNOON	EVENING		
Monday	Morning Flow 8-9am Renee Jessup		Ashtanga 6-7pm Katie King	Yin 7:15-8:15pm Amanda Hanna	
Tuesday	Surya Flow 8-9am Oksana Lazda	Embodied Flow 10-11:15am Sarsha Hope	Honey Flow 6-7:15pm Danielle Sewell	Beginners Yoga 7:30-8:30pm Elina Lim	
Wednesday	Empowered Flow 8-9am Ayumi Anzai		Ashtanga Led 6-7:30pm Katie King	Yin 7:45-8:45pm Amanda Hanna	
Thursday	Yin & Yang 8-9am Elina Lim		Honey Flow 6-7:15pm Danielle Sewell	Meditation 7:45-8:45pm Koha donation	
Friday	Foundations of Flow 8-9am Sarsha Hope		Yin 6-7pm Kellie Livingstone		
Saturday		Lotus Flow 10-11:15am Casey Hackmeyer	Community Class 4:30-5:30pm Koha Donation	Shared Circle 7:30-9pm Third Saturday of every month	Women's Circle 7:30-9pm Second Saturday of every month
Sunday	Laughter Yoga 9:30-10:15am Anaya Smiley Third Sunday of every month		Ashtanga Mysore Style 4:30-5:30pm Katie King	Restorative Yoga Nidra 6-7:15pm Claire Stewart	



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Mats and water provided free of charge

SherwoodQueenstown.nz + 554 Frankton Road + Queenstown 9300 + Aotearoa, New Zealand