



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



SUMMER MOVEMENT CLASSES

EMBODIED FLOW

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

HONEY FLOW

Sweet and slow movements like moving through honey.
We'll cultivate mindfulness with a awakening warm up,
strength & flexibility building and a renewing cool down.

ALIGN

Learn the foundations of how
to align the body safely, so that the mind
can quieten and life force can flow freely.

FREEDOM FLOW

Find your flow state as we link breath to movement
during this one hour playful practice.
An energising flow, balancing body and mind.

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

BEGINNERS ASHTANGA

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

60 MINUTE ASHTANGA

We will focus on the timing and sequencing in this
shortened but dynamic Ashtanga practice,
this is the next step up from our Beginner's class.

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.

LOTUS FLOW

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

AWAKENING HATHA FLOW

One hour of mindful movement to
assist your body in waking up.
A slow and steady practice suitable for all levels.

VINYASA FLOW

an open hearted offering for students to
connect with their breath through
a juicy flow to find an inner stillness.
Against an eclectic soundtrack of music.

GENTLE FLOW

Wake with the sunrise, warm the body & awaken
the mind with a gentle flowing practice. Find clarity,
relax to the body and energy to the spirit.

HATHA FLOW

Wake up nice and slow with this gentle, juicy flow.
One hour of love for your body, breath and mind
to increase your flexibility, mental strength and clarity.

EXPLORATORY MEDITATION

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

SUMMER 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.



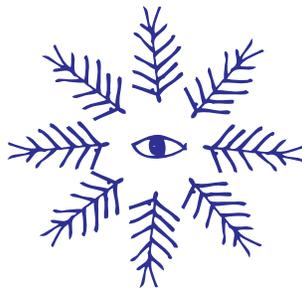
DEEP TISSUE OIL MASSAGE

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



For more specialty massages please enquire at reception.



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MOVEMENT CLASSES SUMMER SCHEDULE

	MORNING	AFTERNOON	EVENING
Monday	Awakening Hatha Flow 7.30-8.30 am Denisa Vecorkova		Ashtanga 6-7pm Katie King Ashtanga Beginners 7:15-8:15pm Katie King
Tuesday		Embodied Flow 10-11:15am Sarsha Hope	Vinyasa Flow 5:45-7pm Cathy Wallace Pilates 7:15-8:15pm Abigal Rose
Wednesday	Gentle Flow Yoga 7:30-8:30am Lorna Pullin	Freedom Flow 9-10am Chris Wille	Ashtanga Led 6-7:30pm Katie King
Thursday			Honey Flow 6-7:15pm Danielle Sewell Exploratory Meditation 7:45-8:45pm FREE Todd Reid
Friday	Vinyasa Flow 8-9am Denisa Vecorkova	Align 12:30-1:30pm Sarsha Hope	
Saturday	Hatha Flow 7:30-8:30am Jen Reynolds	Lotus Flow 10-11:15am Casey Hackmeyer	Community Class 4:30-5:30pm FREE Yin, Chocolate + Free Wellness Talk 6-7:15pm 7:30-8:30 Last Saturday of every month
Sunday			Yin Yang 4:30-5:45pm Emily Ruygrok Restorative Yoga Nidra 6-7:15pm Claire Stewart



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Mats and water provided free of charge

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