



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



SPRING MOVEMENT CLASSES

EMBODIED FLOW

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

CREATIVE FLOW

A blend of vinyasa flow and embodied mindfulness with room for creative license to listen deeply to the wisdom of your own body, with very funky music.

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 and 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, relate 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.

PILATES

Pilates is an invaluable journey into spinal stabilisation, reducing back pain and attaining complete body awareness in everything you do. Developing flexibility, core stability and strength

WINTER//SPRING 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.



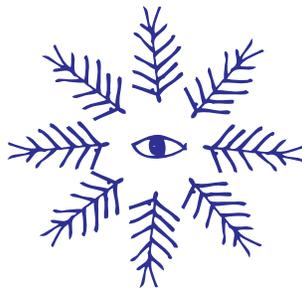
DEEP TISSUE OIL MASSAGE

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 SPRING SCHEDULE

	MORNING	AFTERNOON	EVENING	
Monday	Awakening Hatha Flow 7:30-8:30 am Chris Wille		Ashtanga 6-7pm Katie King	Ashtanga Beginners 7:15-8:15pm Katie King
Tuesday		Embodied Flow 10-11:15am Sarsha Hope	Pilates 6-7pm Lorna Pullin	Vinyasa Flow 7:15-8:30pm Cathy Wallace
Wednesday	Gentle Flow Yoga 7:30-8:30am Lorna Pullin	Freedom Flow 10-11am Chris Wille	Ashtanga Led 6-7:30pm Katie King	Exploratory Meditation 7:45-8:45pm FREE
Thursday	Hatha Flow 7:30-8:30am Jen Reynolds		Creative Flow 6-7:30pm Sarsha Hope	Meditation 7:45-8:30pm FREE
Friday		Vinyasa Flow 8:30-9:30am Emily Ruygrok	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 Last Saturday of every month
Sunday			Yin Yang 4:30-5:30pm Emily Ruygrok	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