



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 - SUMMER MOVEMENT CLASSES

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.



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



HATHA

Hatha, meaning the balance between the masculine and feminine or sun and moon, is a steady flowing anatomy based practice focusing on strength and flexibility. This is a mixed level class and teachers will offer various options for those of different experience levels.

VINYASA

Vinyasa is the Sanskrit word for connection, in this class we're working on connecting our breath with our movement as we transition fluidly from one posture to the next. This is a mixed level class and teachers will offer various options for those of different experience levels. Some experience is necessary for this class.



YIN YANG FLOW

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



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.



MEDITATION

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



SPRING - 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.



**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 SPRING SCHEDULE

For a more personal touch enquire
about our private 1:1 sessions.

MORNING

EVENING

Monday

Ashtanga
6-7pm
Katie King

Yin
7:15-8:15pm
Amanda Hanna

Tuesday

Hatha
6-7:15pm
Amanda Hanna

Wednesday

Vinyasa
6-7:15pm
Ayumi Anzai

Thursday

Ashtanga
6-7:30pm
Katie King

Meditation
7:45-8:45pm
Koha donation

Friday

Vinyasa
6-7pm
Elina Lim

Saturday

Vinyasa
10-11:15am
Casey Hackmeyer

Yin/Yang
6-7pm
Oksana Lazda

Sunday

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