



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

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.

ASHTANGA LED

All levels practice together, beginners will be guided through a 75 minute practice and the experienced ashtanga yogi will be assisted through their practice where needed. You can expect teaching on breath and bandhas and some chanting.

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

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.

HATHA SLOW FLOW

In Hatha Slow Flow we will move with a slow flow rhythm and take the time to explore each pose, focusing inside our bodies and into our breath this encourages intuitive movement, which allows the body to ground & release. Suitable for all levels.

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.

WINTER MOVEMENT CLASS OPTIONS

10 CLASS PASS

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

SINGLE CLASS

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

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

MORNING

EVENING

Monday

Ashtanga Led
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 Mysore
6-7:15pm
Katie King

Meditation
7:45-8:45pm
Koha donation

Friday

Hatha Slow Flow
6-7pm
Elina Lim

Saturday

Vinyasa
10-11:15am
Lauren Brown

Vinyasa
6-7pm
Denisa Vecorkova

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