



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//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

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

ALIGN

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

YOGA NIDRA

Also known as Yogic Sleep, it allows a deep state of relaxation where body is still, in a sleep like state and the mind remains awake and alert.

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. Finishing with a 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.

MANIPURA FLOW

An empowering vinyasa flow with a focus on core strength and twists, enhancing our solar plexus manipura chakra.

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, relase 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.

YIN YOGA

A gentle mix of Yin Yoga a therapeutic stretch of connective tissue and joints, followed by complete relaxation and surrender in restorative poses. Unwind, de-stress and find mental bliss.

PILATES

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

WINTER//SPRING MOVEMENT CLASS OPTIONS

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.



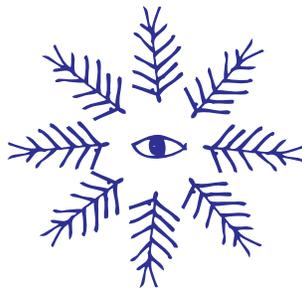
DEEP TISSUE OIL MASSAGE

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 WINTER – SPRING SCHEDULE

	MORNING	AFTERNOON	EVENING	
Monday			Ashtanga 6-7pm Katie King	Ashtanga Beginners 7:15-8:15pm Katie King
Tuesday	Yoga Nidra 7-8am Claire Stewart	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	Manipura Flow 10-11:15am Elizabeth Brumfield	Ashtanga Led 6-7:30pm Katie King	
Thursday	Hatha Flow 7:30-8:30am Jen Markunas		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	Yin 6-7:15pm Elizabeth Brumfield
Saturday	Hatha Flow 7:30-8:30am Jen Markunas	Lotus Flow 10-11:15am Casey Hackmeyer	Community Class 4:30-5:30pm FREE	Yin, Vin + Chocolate 6-7:15pm Last Saturday of every month
Sunday			Yin Yang 4:30-6pm 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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