



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



AUTUMN 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

Finding balance in this L2 Vinyasa Practice though strong and slow movements, as though we are moving through honey.

FIVE ELEMENTS YOGA

a healing system of therapeutic hatha yoga asana, utilising the traditional Chinese medicine five element meridian system.

SURYA FLOW

Energizing and grounding vinyasa practice to start the day.

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

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.

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.

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.

POWER VINYASA

This powerful, energetic, playful flowing class has a strong emphasis on breath and allows all levels of students to be challenged in the same class.

LAUGHTER YOGA

Laughter Yoga provides.....Greater flow of oxygen to the brain. More energy, more motivation, stress relief, and strengthening of the immune system.

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.

EXPLORATORY MEDITATION

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

AUTUMN 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.



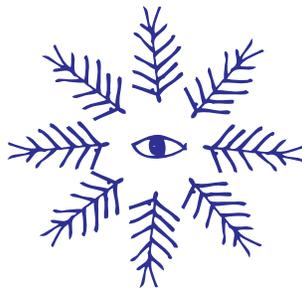
DEEP TISSUE OIL MASSAGE

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 AUTUMN SCHEDULE

Mats and water provided free of charge.

	MORNING	AFTERNOON	EVENING	
Monday	Awakening Hatha Flow 8-9am Denisa Vecorkova		Ashtanga 6-7pm Katie King	Five Elements Yoga 7:15-8:30pm Cheska Hawksford
Tuesday	Surya Flow 8-9am Oksana Lazda	Embodied Flow 10-11:15am Sarsha Hope	Honey Flow 5:45-7pm Danielle Sewell	Pilates 7:15-8:15pm Abigal Rose
Wednesday	Vinyasa Flow 8-9am Renee Jessup		Ashtanga Led 6-7:30pm Katie King	Yin 7:45-8:45pm Amanda Hanna
Thursday	Power Vinyasa 8-9am Elina Lim		Honey Flow 6-7:15pm Danielle Sewell	Meditation 7:45-8:45pm Todd Reid Koha donation
Friday	Vinyasa Flow 8-9am Denisa Vecorkova		Yin 6-7pm Kellie Livingstone	
Saturday		Lotus Flow 10-11:15am Casey Hackmeyer		Women's Circle 7:30-9pm Second Saturday of every month
Sunday	Laughter Yoga 9:30-10:15am Anaya Smiley Third Sunday of every month		Ashtanga Mysore Style 4:30-5:30pm Katie King	Restorative Yoga Nidra 6-7:15pm Claire Stewart



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