

YOGA AND

WELLBEING



WELLBEING

YOGA AND

SHERWOOD

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# MASSAGE

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In addition to our movement classes, we offer a range of massages to sooth and revive the body and soul.

We work with experienced massage therapists and use organic oils sourced from New Zealand.

## TREATMENT STYLE

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Deep tissue

Relaxation

Thai massage

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### PRICE

60 minute full body massage	\$120
90 minute full body massage	\$180

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# YOGA TIMETABLE



**MON**

**ASHTANGA LED**

6:00PM - 7:00PM

all levels

**TUE**

**HATHA**

6:00PM - 7:15PM

all levels

**WED**

**VINYASA**

6:00PM - 7:15PM

all levels

**THU**

**ASHTANGA MYSORE**

6:00PM - 7:15PM

intermediate practitioners

**MEDITATION (KOHA)**

7:45PM - 8:45PM

all levels

**FRI**

**HATHA FLOW**

6:00PM - 7:00PM

all levels

**SAT**

**VINYASA**

10:00AM - 11:15AM

all levels

**YIN**

4:30PM - 5:30PM

all levels

**SUN**

**YOGA NIDRA & RESTORATIVE**

6:00PM - 7:15PM

all levels

All classes are \$15 except meditation which is by donation.

Mats and water are provided free of charge.