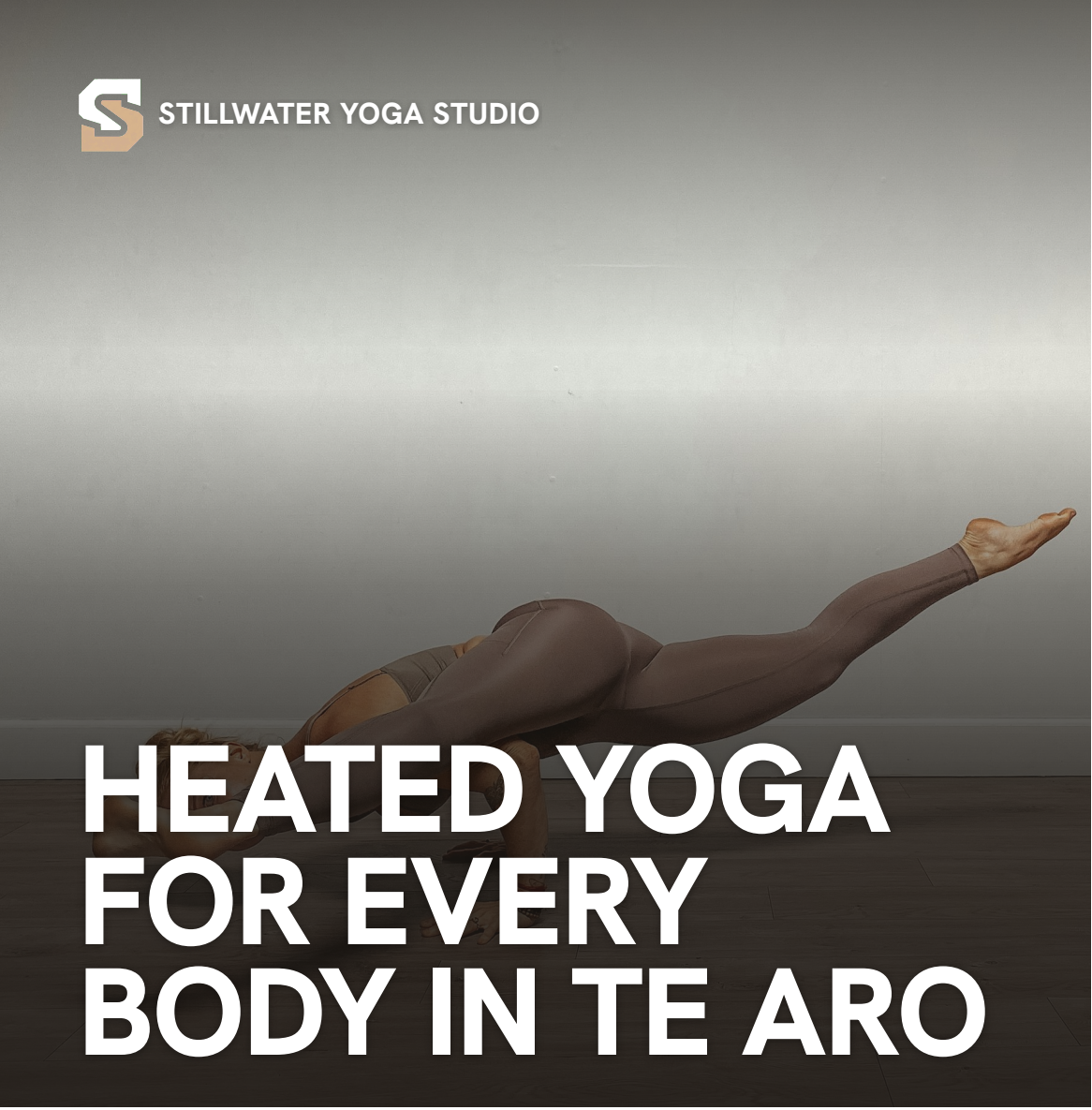
STILLWATER YOGA STUDIO



HEATED YOGA FOR EVERY BODY IN TE ARO

YOGA IN TE ARO, WELLINGTON

Heated vinyasa, slow yin and a beginners course, seven days a week. Classes are capped at eighteen mats, so every student gets hands-on adjustments.

Start your trial 04 385 0100 stillwater-yoga-studio-cxgiw.sitepages.app

OUR CLASSES

STILLWATER YOGA STUDIO

THREE WAYS TO MOVE

From heated flow to slow stillness, find the class that fits where you are today.







Vinyasa flow

A heated, breath-led flow that builds strength and heat through the body.

Yin yoga

Slow, floor-based holds that release tension and quiet the mind.

Beginners course

A gentle introduction to the postures and breath, built for first-timers.

All classes

Browse every vinyasa, yin and beginners class on one timetable, seven days a week.

GETTING STARTED

1

Choose your membership

See the memberships, from unlimited monthly to class passes, and choose the option that suits your week.

2

Join online

Join online in minutes and set up your account so you can book straight away.

3

Book your first class

Browse the timetable and book into a vinyasa flow, yin class or the beginners course.

START YOUR TRIAL

04 385 0100

stillwater-yoga-studio-cxgiw.sitepages.app

rebecca@stillwateryoga.co.nz

22 Cuba Street, Te Aro, Wellington 6011

Mon–Fri 6am–8:30pm, Sat–Sun 8am–5pm