

A GUIDE FROM STILLWATER YOGA STUDIO

EASY AS ONE, TWO, THREE

Join online, then book your first class on the timetable.

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Stillwater Yoga Studio



YOGA COACHES IN TE ARO

THE HANDS THAT GUIDE YOUR PRACTICE

Stillwater opened on Cuba Street to give Te Aro a quiet, heated room for breath and movement, open every day of the week. Classes stay capped at eighteen mats, so no one practises unseen.



01

HEATED VINYASA FLOW FOR EVERY BODY

Vinyasa flow at Stillwater is a heated, breath-led class for strength and calm, in the heart of Te Aro.



A HEATED PRACTICE BUILT ON BREATH

Warmed, welcoming room

The heat opens the body and settles the mind, so movement flows breath by breath.

Eighteen mats, never more

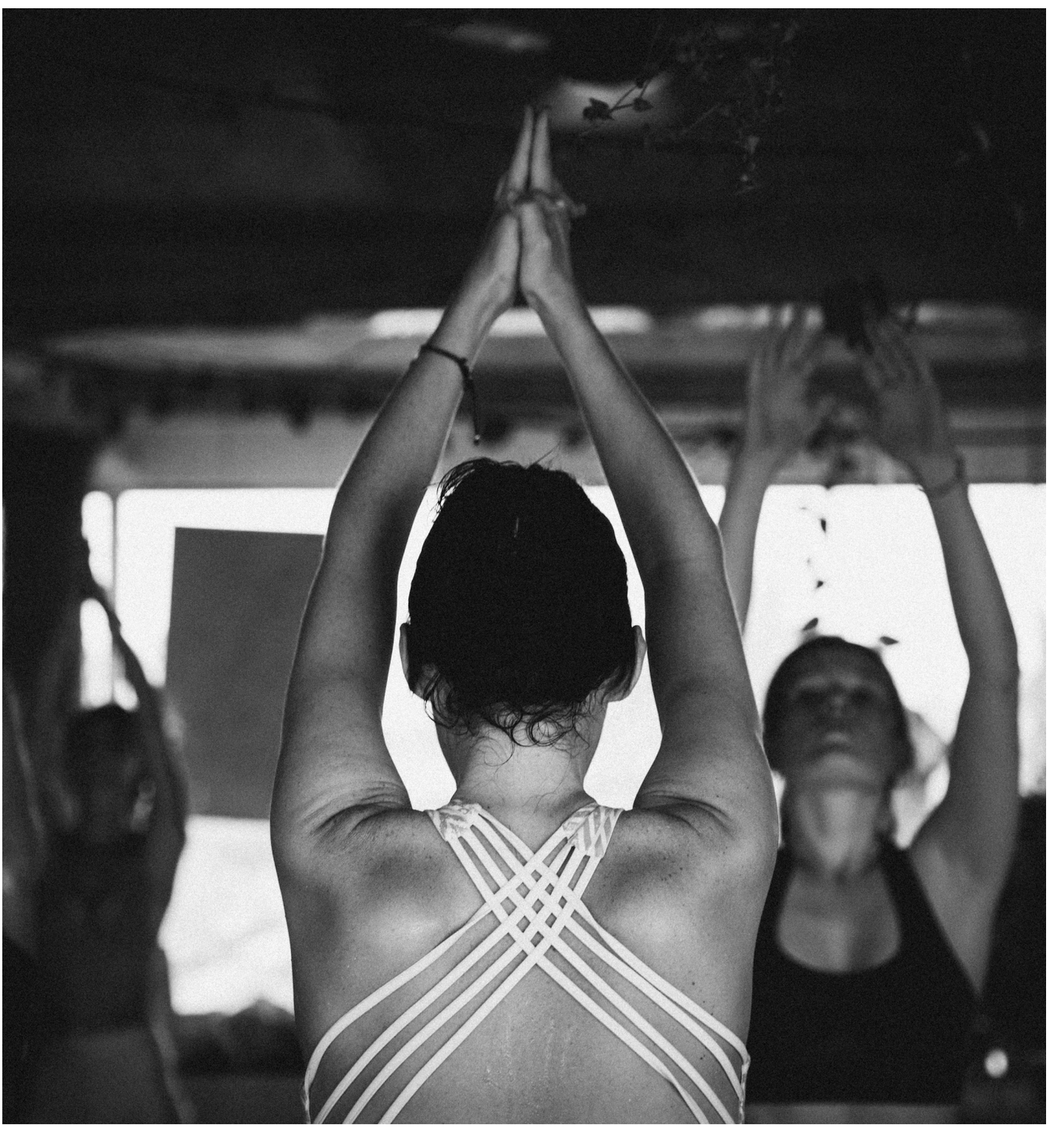
Classes are capped at eighteen mats, so every student gets hands-on adjustments.

Breath-led movement

Vinyasa flow moves with the breath, one pose to the next, building heat and focus.

Open to every body

New to yoga or years in, the pace meets you where you are.



02

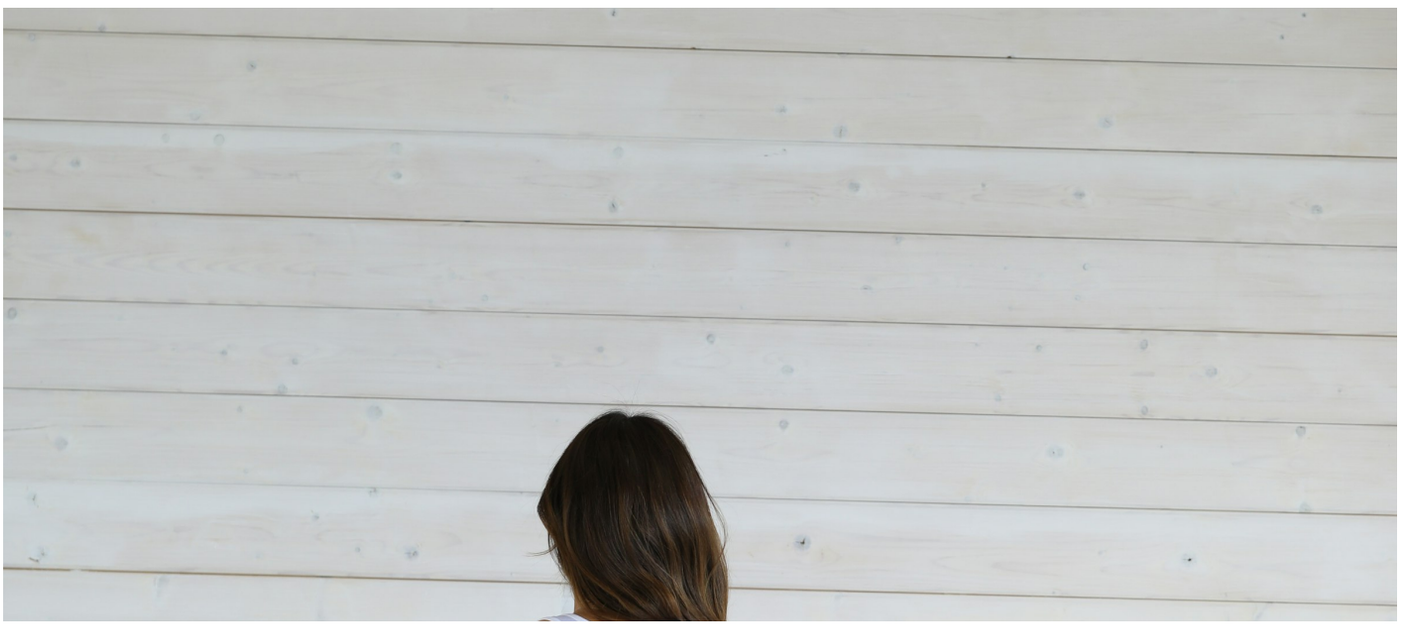
A QUIETER PRACTICE, HELD LONGER

Long, supported holds that release deep tension – no heat, no rush.



A SLOWER KIND OF STRONG

Yin yoga holds each shape for several minutes, using bolsters and blocks to let gravity do the work.



Every yin class is capped at eighteen mats, so you get hands-on adjustments from your teacher, every time.



03

YOGA FOR YOUR FIRST TIME ON THE MAT

A gentle way into vinyasa and yin, in classes capped at eighteen so you're never lost in the room.



EVERYTHING YOU NEED TO BEGIN

Capped at eighteen mats

Every class holds no more than eighteen mats, so you get hands-on adjustments as you learn.

Seven days a week

The course runs alongside our full timetable, every day of the week.

A path into the practice

Build the foundation for vinyasa flow and yin yoga, at your own pace.

Come as you are

No experience, no flexibility and no equipment needed to start.



WHY STUDENTS BELONG HERE

Eighteen mats, never more

Capped classes mean every student gets hands-on adjustments from their teacher.

Seven days a week

Vinyasa, yin and beginners classes run every day, so practice fits your week.

A home in Te Aro

Steps from central Wellington, at 22 Cuba Street.



GETTING STARTED

EASY AS ONE, TWO, THREE



1 Choose your membership

Compare unlimited, eight-class and ten-class options and see what's included.

2 Join online

Set up your membership in a few minutes, from wherever you are.





3 Book your first class

Pick vinyasa, yin or beginners on the timetable and step onto your mat.

THE SPACE

INSIDE THE STUDIO



Hands-on adjustment, vinyasa flow



Yin yoga, bolsters and blankets



The studio before class

COME AS YOU ARE

Vinyasa, yin or beginners — pick your class and start your trial.

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