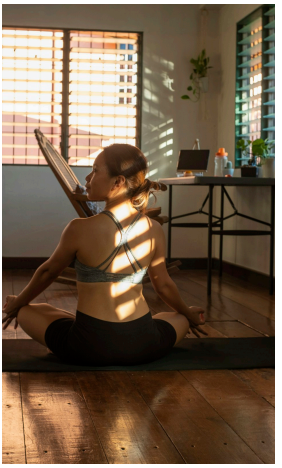
Heated yoga for every body in Te *Aro*



Stillwater Yoga Studio



STILLWATER YOGA STUDIO

The teachers behind every *adjustment*

Stillwater opened on Cuba Street as a place to slow down in a fast part of town. We keep classes small, capped at eighteen mats, so every student gets hands-on adjustments, from a first beginners class to an advanced flow.





01

A heated flow for every *body*

Vinyasa flow links movement to breath in a warm room, capped at eighteen mats so you always get hands-on guidance.

A practice that builds heat and *breath*

Heated studio room

Class is held in a heated room, warming the body early so you move into each pose with ease.

Eighteen mats, hands-on help

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

Breath-led movement

Each pose links to a breath, building a steady flow from the opening sequence to final rest.

Open to every level

Flow alongside beginners and regulars — there's no flexibility or fitness test at the door.





02

A slower practice for every *body*

Yin yoga holds each pose for several long, quiet minutes, releasing tension through the hips, spine and shoulders.

A slower, held *practice*

Long, held poses

Each shape held for several minutes to soften connective tissue.

Calm, warm room

A quiet, timber-floored studio to slow down in.

Floor-based and supported

Bolsters, blocks and blankets support every pose.

Seven days a week

Yin runs alongside vinyasa flow and beginners courses in Te Aro.





03

Start yoga without the *guesswork*

A beginners course for new students in Te Aro, with classes capped at eighteen mats so you get hands-on help from your first pose.

Why small classes help *beginners*

One fact shapes every beginners class at Stillwater.



Every beginners class is capped at eighteen mats, so every student gets hands-on adjustments from the teacher.



A studio built around *you*

Small, capped classes

Eighteen mats max, so every student gets hands-on adjustments

Heated rooms

Vinyasa flow practised in the warmth of our Te Aro studio

Seven days a week

Classes run Mon–Fri 6am–8:30pm and Sat–Sun 8am–5pm

Right in Te Aro

22 Cuba Street, an easy walk from the city



GETTING STARTED

Three steps to your first *class*

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.



INSIDE THE STUDIO

A look at our *practice*



Our heated studio



Yin yoga



Beginners course

Come as you are, start *today*

Heated vinyasa, slow yin and a beginners course, seven days a week in Te Aro. See the memberships and start your trial.

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Stillwater
Yoga Studio