FC STILLWATER YOGA STUDIO

HEATED YOGA IN THE HEART OF TE ARO

YOGA IN TE ARO, WELLINGTON

Vinyasa, yin and beginners classes, seven days a week, in a studio capped at eighteen mats for hands-on adjustments.

22 Cuba Street, Te Aro



START YOUR TRIAL

04 385 0100

Mon–Fri 6am–8:30pm,
Sat–Sun 8am–5pm

stillwater-yoga-studio.sitepages.app

OUR CLASSES

FC STILLWATER YOGA STUDIO

THREE WAYS TO PRACTICE

Vinyasa, yin and a beginners course, running seven days a week in Te Aro.



Vinyasa flow
Move with your breath and build heat in a flowing, strong practice.

Yin yoga
Slow holds and stillness for tired bodies and busy minds.

Beginners course
Learn the basics at an easy pace

GETTING STARTED

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.

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rebecca@stillwateryoga.co.nz
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