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

Mon–Fri 6am–8:30pm,
Sat–Sun 8am–5pm

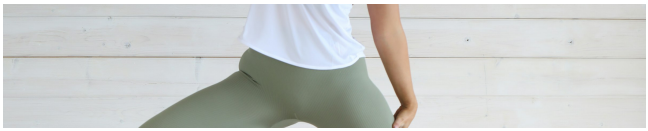
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OUR CLASSES

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.

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