



Sherwood

YOGA + WELLBEING

WINTER RETREAT

WITH

NIKKI RALSTON

JUNE 2-5TH 2017

Immerse yourself in the tranquil beauty of a Central Otago Winter. Shift your focus with Sherwood's Winter Yoga Retreat by the inspirational Nikki Ralston.

Take a journey that will ignite the senses and inspire the imagination. An all-inclusive three-day program utilising yoga and mindful being to reconnect with self and nature.

Relax in the cosy alpine surrounds of Sherwood, enjoying nourishing soul-food, educational workshops, live music and an authentic and intimate retreat.

### + TIME

Queen's Birthday Weekend:  
Begins - Friday, 2nd of June, 3:00pm  
Ends - Monday, 5th of June, 10:00am

### + ACCOMODATION

Three nights' stay at Sherwood in Waterfall and Lake Queen Studios

### + TRAVEL

All airport transfers & off-site transport included

### + PRACTICE

Six Ralston Retreat Classes

### + EXPERIENCE

- » Relaxing Body Massage (45min)
- » Sauna
- » Mindful Eating Workshop by Ainsley Thompson
- » Meditation and walk in the nature
- » LUMA Festival of Light

### + EAT

Breakfast, lunch and dinner for each day included  
*\* Please note alcoholic beverages are not included*

### COST

**Private** \$1,775 (NZD)

**Twin/ Shared** \$1,495 (NZD)

To book or for more information please email [experiences@sherwoodqueenstown.nz](mailto:experiences@sherwoodqueenstown.nz)

*"There are some things that are real, that you can see, that you can observe, like the clouds, the sand, the sea. But for ideas to become real, they have to be played on your senses."*



# NIKKI RALSTON



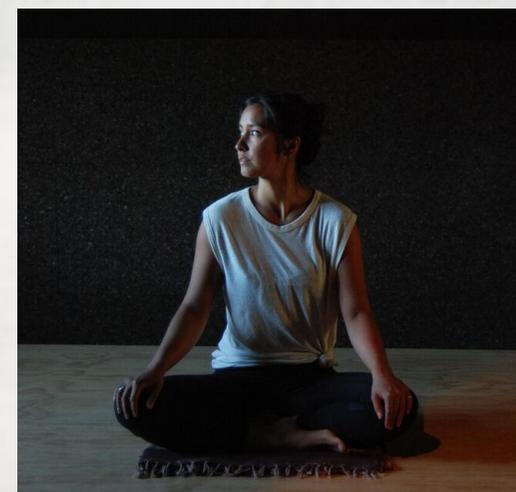
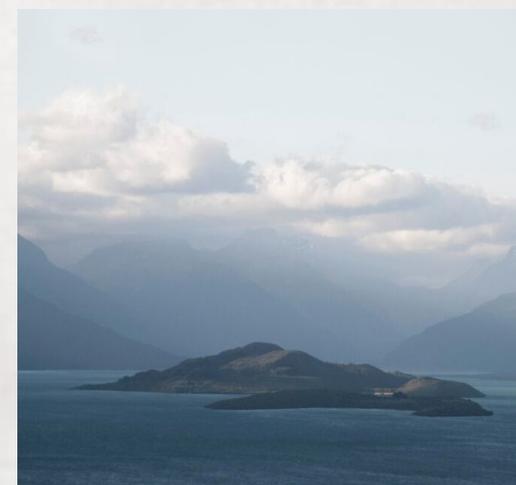
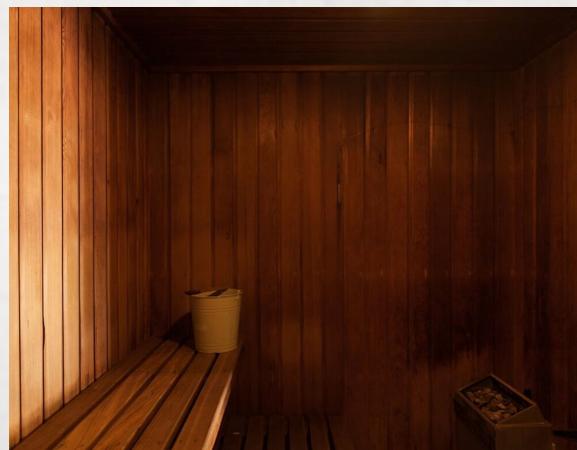
Nikki Ralston is a natural teacher who has been working with the human body for the last 18 years, her passion for yoga and understanding the human body and mind shines through and is infectious to others.

Nikki has devised her own 'Ralston Method' which blends together the best elements of hatha, vinyasa, precision alignment and mindfulness teachings.

Her classes are strong yet grounded, guiding her students to gain a deeper understanding of themselves, giving skilled yet simple cues from her deep understanding of the human body and subtle energies, creates a transformative experience and a practice that lasts a lifetime. Balanced by her delightful sense of humour that encourages students to reclaim the joy within their practice and life.

Nikki regularly speaks at wellness and corporate events, teaches workshops, leads retreats and has curated a Teacher Development Program to mentor and educate new teachers guiding them on their path to greatness.

The owner of Urban Ashram in Auckland, featured teacher at Wanderlust festival NZ/AUS, she is the yoga teacher to the NZ Warriors, an Ecostore ambassador, mother and wellness powerhouse. Off the mat you will usually find her flipping handstands at the beach with her delightful daughter.





Set on three acres of alpine hillside in Queenstown overlooking Lake Wakatipu and the Remarkables range, Sherwood offers a unique setting to unwind, and reconnect with self and nature.

Our recently renovated guest rooms traverse the humble luxury of a lakeside studio to the communal comfort of a queen-size bunk room and cater for any independent traveller seeking atmosphere and authenticity.

You'll find the sheltered central garden perfect for spontaneous leisure, sun drenched breakfasts, late afternoon cocktails or a fireside sing-along - while the surrounding bike track, kitchen gardens, orchard and sunset tipi provide many a hidden spot for a picnic or snooze.

Our culinary team specialises in fresh, seasonal, whole food harvested from our own kitchen gardens, orchards and surrounding farms - while the bar team curates an ever-changing selection of independent craft beers, fine natural wine, and rare spirits.

Our wellbeing studio offers yoga, pilates, massage and meditation in addition to an ever changing line up of live music, film, writers and artists in residence.

Everything we do is about reflecting a sense of place, a connection to nature and a moment in time. We hope that your stay will leave you refreshed and reinvigorated.



**2ND JUNE, FRIDAY >> DAY OF ARRIVAL**

- 3.00pm Arrival - Optional Massage for early arrivals
- 4.30pm Welcome: Be Here Now
- 5-7.30pm Yoga Workshop: Organic Movement
- 8.00pm Dinner at Sherwood

**3RD JUNE, SATURDAY >> DAY OF PRACTISE**

- 7.30am Yoga Breakfast at Sherwood
- 8.00-10.30am Yoga Workshop: Journey to the Psoas
- 11.30am Mindful Eating Workshop & Hosted Lunch
- 2.30-5.00pm Yoga Workshop: Free Your Heart & Let Life Flow
- 5.00-8.00pm Sherwood Sauna & Relaxation Massage
- 8.00pm Dinner at Sherwood  
Live Music

**4TH JUNE, SUNDAY >> DAY OF EXPERIENCE**

- 7.00am Breakfast at Sherwood
- 8.00-10.30am Yoga Class: Break Through Your Hippy Myths
- 11.30am Depart Sherwood  
Nature Walk & Picnic Lunch  
Yoga Workshop: An Exploration to Fuel The Imagination
- 7pm Final Dinner  
Walk through Light at LUMA at Queenstown Gardens

**13TH JUNE, MONDAY >> DAY OF RETURN**

- 7.30-9am Yoga Workshop: Signature Ralston Method Class
- 9.00am Breakfast
- 11.00am Check out, Transfers to Airport

*\*Please note: times are indicative and will be updated daily*





BE \* HERE \* NOW

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