



Inhale. Pause. Exhale.

Wellington City

LEVEL 2, 139 FEATHERSTON ST
& 250 WAKEFIELD ST

Lower Hutt

21-23 ANDREWS AVE



HOME



ABOUT US



CLASSES



TEACHER TRAINING



BUY MEMBERSHIP



EVENTS

Monday Yoga

Wakefield Studio

- 6:30am **Hot Express** 60min (Maria)
- 9:30am **PV** 75min (Jemma)
- 12:00pm **Hot Express** 60min (Maria)
- 4:30pm **Yin Hour** 60min (AnnieF)
- 6:00pm **Hot Yoga** 75min (Ardya)

Featherston Studio

- 12:00pm **Yin-Yang** 45 min
45min (Julia)
- 1:00pm **Hot Express Featherston**
60min (Ria)
- 5:00pm **PV Hour** 60min (Ellen)
- 6:30pm **Yin Hour** 60min (Lu)

Lower Hutt Studio

- 4:30pm **Hot Express** 60min (Angela)
- 6:00pm **PV** 60min (Michelle)
- 7:15pm **Yin Hour** 60min (Michelle)

What's on:



Hands-On Assists ~ Advanced Teacher Training with Amy Ippoliti

4 October - 7 October

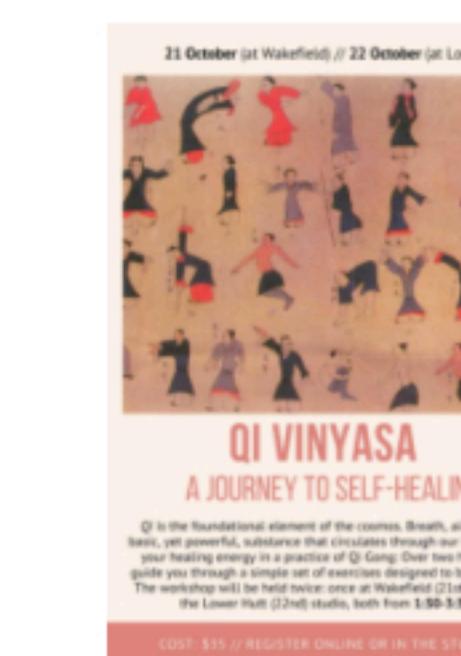
@ Hot Yoga Wellington, Level 2, 139 Feathersson Street, Wellington, New Zealand

[Find out more...](#)

40 Day Challenge

9 October - 17 November

@ All Studios

[Find out more...](#)

Qi Vinyasa: A Journey to Self-Healing (Wakefield)

21 October, 1:30pm - 3:30pm

@ Wakefield St. Studio

[Find out more...](#)

New to Hot Yoga? Try 2 weeks unlimited at:

[Wellington or Lower Hutt](#)