

Wellbeing on our doorstep

HEALTH AND

Find it again



cut and keep or head to www.snowfed.co.nz and click



The Salt House

The Salt House Methven offers Body Balance and Relaxation using Massage, Bowen and Emmett Techniques. Reduce pain with Physiotherapy and Respiratory Health with Dry Salt Therapy (Halotherapy).



Cherie Summers-Wight
027 302 8556
www.thesalthouse.co.nz



Margaret Lee

Beginner and advanced Tai Chi classes available as well as Personal Training. Learn total body integration, interconnecting foot strength and core stability with Margaret Lee Fitness.



Margaret Lee
027 516 7549
Tai Chi for Health & Personal Training

Osteopath

Osteopaths are sought out for a number of reasons from head to toe. Tucked away at the Methven Medical Centre is Will Davie.

- » Experienced osteopath
- » All ages treated
- » ACC provider
- » No referral needed

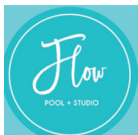
For more information call
021 328 733.

Booking via the Methven Medical Centre **03 302 8105**



Flow

This multi-purpose hub hosts a range of wellbeing options. From dance and swimming lessons to therapies including hydrotherapy, physiotherapy and yoga, not to mention a sauna and cold plunge tub.



Flow - Melanie
027 236 9921
www.flowpoolandstudio.co.nz



Pure Healing Arts

Pure Healing Arts (known as Methven Acupuncture Clinic) includes acupuncture and qigong for whole health. Heal from the inside out.

- * Restore.
- * Re-balance.
- * Renew.

ACC provider



Junco Y Rijbroek
03 302 8888 / 021 434 603
11 Carr Street, Methven

Holdaway Dietitian

NZ Sports Dietitian Cushla is passionate about helping all athletes from beginners to elite fuel for performance and longevity. Cushla is based in clinics across Canterbury and online (NZ and Aus).



Cushla Holdaway
holdaway.nutrition@gmail.com
www.holdawaydietitian.com

X-M CrossFit

Charline runs Crossfit classes that can be adapted for every age and ability. Designed to be fun while improving strength, endurance and agility. A community-based approach to fitness.



Charline Dupanloup
022 065 2589
xmcrossfit@gmail.com



Well Health Personal Training

Wellness and health is about feeling empowered, body, soul and mind. It's about you, it's more than just fitness. Supporting you, wherever you are at.

- One on one Personal Training
- Small Group Training
- Online Coaching
- Nutrition Support



Shaz Kermodé
027 422 4136

Canterbury Chiropractic

Providing chiropractic care to help with: posture, movement, pain, sports, pregnancy, unsettled babies headaches/migraines and overall well being.



03 302 8525
Located at Garage Gym
www.canterburychiro.co.nz



Your local guide to our very own

EXERCISE

Contacts

Peace of Mind

Hypnotherapy bringing about dynamic change in unwanted patterns of behaviour, old beliefs and negative thinking. Methven based with 20+ years experience. In person and online sessions available.



Stephanie Rowe
03 384 8506 / 021 313 161
www.peaceofmind.org.nz

Muscle Recovery Massage

Sports Massage
Therapeutic Massage
Dry Needling
Cupping Therapy



Chelsie Parsons
021 126 7260
16 Lampard Street, Methven



Liberty Tai Chi

Welcome to Liberty Tai Chi where everyone can enjoy the health benefits of mindful movement in a safe, fun environment. Classes are held at Flow Studio and Pete's home boutique studio in Methven.



Pete van den Heuvel
021 363 648

Nourish Clinic

Treating all health concerns naturally using Naturopathic Medicine, which is a scientifically driven approach. It identifies and treats root causes of health issues, in all systems of the body. Also, teaching all levels of Yoga.



Lauren Stokes
021 246 8641
www.nourishnaturalhealthcare.co.nz



AnnaFit

Functional core and strength training for every body.

Reformer Pilates
Mat Pilates
Beginner options
At home subscriptions



Anna King
www.annafit.co.nz
studio@annafit.co.nz



Mt Hutt Physio

Mt Hutt Physiotherapy believe recovery is a journey best taken together. Based at the Flow Pool & Studio, Rob Wightman and Jennifer Hodgins have extensive experience to share.



Mt Hutt Physiotherapy
rob@mthuttphysio.co.nz
www.mthuttphysio.co.nz



Sally Needles Clinic

Move away from pain and on with your life with Sally Needles. Acupuncture for pain and injury, ACC accredited with 13 years clinical experience.



Sally Flewelling
www.sallyneedles.carrd.co
6 Wayne Place, Methven



Garage Gym

Our environment is about connection, community, good vibes and empowerment. When you are surrounded by this you can do anything.

- Lift weights
- yoga poses
- ride a bike
- classes
- boxing
- and much more.



Garage Gym
office@garagegym.co.nz

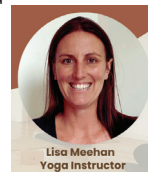


Yoga with Lisa

Currently teaching beginners yoga, Yin yoga and Trauma Informed yoga. All classes are suitable for complete beginners. Lisa works both independently and alongside; Joanne Amyes (Reiki Practitioner) and Sara Scott (Counsellor).



Lisa Meehan
021 025 05800
methvenyogawithlisa@gmail.com



Continued...

Find it again



www.snowfed.co.nz

Joe Keepa Personal Training

Passionate about supporting clients to reach their goals: Lose weight, improve fitness, or improve overall health and wellbeing.

- Personal Training
- Boxing & Kick Boxing
- Personalised programmes
- Small groups
- Nutritional support



Joe Keepa
027 360 2300

Peak Fitness

Peak Fitness is a homebased gym providing one on one motivating and supportive exercise sessions.

- » Personal Training
- » HIIT Sessions
- » Kick Boxing



Ryan Ashworth
027 466 7647



www.peakfitnessmethven.co.nz

Is this your spot?

Snowfed is bringing together your local contacts for health and exercise. If you would like to join this feature we would love to hear from you.

Contact:
advertising@snowfed.co.nz
03 302 8437 ext 3

