

Wellbeing on our doorstep

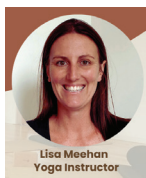
HEALTH AND

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



Lisa Meehan
Yoga Instructor

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

Karen Gregory

Reflexology, Energy work, Crystal healing and the teaching of Karuna Reiki.

Karen has been practicing various modalities providing a nurturing healing space for clients for over 35 years. Her homebased clinic is only 20 minutes east of Methven.



Karen Gregory
027 667 7990

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.carrod.co
6 Wayne Place, 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

Nourish Clinic

Treating all health concerns naturally using Naturopathic Medicine, which is a scientifically driven approach to identifying and treating 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



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



Wildflower Wellness

Professionally trained /certified in somatic and integrative therapies for holistic health. Specialising in lymphatic, women's health and end of life care. Justine has an empathetic heart, supporting clients to live well, in hospital, hospice or at home.



Justine Mowe
027 623 1818
wildwellnz@gmail.com



Canterbury Chiropractic

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



027 262 9628
Located at Garage Gym
www.canterburychiro.co.nz



Find it again



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



Your local guide to our very own

EXERCISE

Contacts

Methven Acupuncture Clinic

Japanese Meridian Therapy for all ages. With over 14 years of experience, Junco has been helping locals feel better through acupuncture - a gentle approach that works with your body's own energy flow. Junco also offers Qigong classes in person and via Zoom.



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

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

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 de Heuvel
021 363 648

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



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



Muscle Recovery Massage

Sports Massage
Therapeutic Massage
Dry Needling
Cupping Therapy



Chelsie Parsons
021 126 7260
16 Lampard Street, Methven



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@mthutphysio.co.nz
www.mthutphysio.co.nz



Peak Fitness

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

Personal Training
HIIT Sessions
Kick Boxing



Ryan Ashworth
027 466 7647
www.peakfitnessmethven.co.nz



The Salt House

The Salt House Methven offers Body Balance and Relaxation using Massage, Bowen and Emmett Techniques. Reduce pain with Physiokey Therapy and respiratory health with Dry Salt Therapy (HaloTherapy).



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

