

Welcome to WELLINGTON



90 Monkeys is delighted to be holding our Hands-On Assists Advanced Teacher Training in the **Wellington, New Zealand**. Wellington is nestled within a beautiful, hilly landscape on the southern coast of the North Island. Recently dubbed the world's 'coolest little capital,' Wellington is both the political and cultural hub of New Zealand. Known for its **vibrant arts** scene, world class **café and restaurant culture**, and active **outdoor lifestyle**, Wellington strikes a balance between the sophistication of a cosmopolitan city and the charm of your hometown.

We want to make sure you have all the information you need to make your stay in Wellington fun, safe, and supportive of your yoga education. You'll find the resources you need here to **navigate lodging, food, health, wellness, recreation, and more**.

Congratulations on making the decision to invest in yourself and your career and welcome to the 90 Monkeys Family. We'll see you in the studio soon!

Amy Ippoliti & The 90 Monkeys Team

P.S. If you haven't already, join our Advanced 90 Monkeys Teacher Training Facebook event (Hot Yoga of New Zealand, Wellington & Lower Hutt) to stay tuned to more information as the training draws nearer!



Preparing for your Travels

If you're traveling to Wellington from abroad, make sure your **passport is current and valid**. In terms of other travel preparations, it's true that with smartphones, you can take care of a lot remotely, but we still recommend organizing your trip in the weeks leading up to your departure. That way, you can be solely focused on your yoga education during your stay in Wellington. Here are a few helpful ideas to help you prepare for your time away:

- *Arrange for a neighbor or friend to care for your plants while you're away and arrange for pet care.*
- *Dial your thermostat up or down to match the temperature of the season.*
- *Close or open blinds and curtains, as needed.*
- *Lock all windows and doors securely.*
- *Tell neighbors that you will be away and let them know how they can reach you in case of an emergency.*
- *Remove perishable items from your refrigerator & empty all wastebaskets.*

Traveling Yogi Essentials:

- Yoga mat (& yoga towel) + Yoga clothes (bring several sets!)
- Notebook, pens, or pencils (colored pencils and highlighters optional)
- Camera or smartphone
- Pre-training assignments or readings



Getting to Wellington

Domestic: You can fly to Wellington from most other city hubs in New Zealand in less than an hour. Air New Zealand and Jetstar are great airlines you might want to try!

International: Coming from overseas? Many routes to Wellington have layovers in Australia, however, some airlines offer more direct routes: Singapore Airlines offers an easy connection between Singapore and Wellington, and Fiji Airways allows you to fly directly from Nadi.

Upon Arrival

Shuttles - There are several door-to-door taxi and shuttle services available from the Wellington airport. We recommend using South Coast Shuttles (www.southcoastshuttles.co.nz). Contact them at wqntours@gmail.com.

Alternatively, you might want to explore the Airport Flyer express bus service. The service runs at least once every 20 minutes from Wellington International Airport to the Hutt Valley. Its route passes through the centre of Wellington through

to Queensgate - Lower Hutt. The timetable for Airport Flyer is available on the Metlink website.

Car Rentals - Renting a car at either airport is possible, using major rental companies, such as Ezi Car Rental (www.ezicarrental.co.nz). This may suit if you plan to do a bit of travel in your downtime, and more so if you organize some sharing of costs. If this is something that interest you, we suggest organizing car rental as a package with flight. Keep in mind that most of the week, you will be within walking distance of any place you might want to explore, and also that parking within Wellington's central business district is both limited and expensive. It may be more savvy to organize a rental car on your days off, or simply share a ride with your new mates.

Taxis, Uber - You can hire a taxi or call an Uber driver to bring you to your accommodation in Wellington. The airport is an easy 15-minute drive to the city center. You can find taxis directly outside the baggage claim area on level 0 of the airport's main terminal.

Once in Wellington - Wellington is extremely walkable and bike-friendly. You can rent bikes short or longer term from AvantiPlus On Yer Bike Wellington (181 Vivian St, Te Aro, Wellington 6011). The local bus system (www.metlink.org.nz) and driving are also options for you.

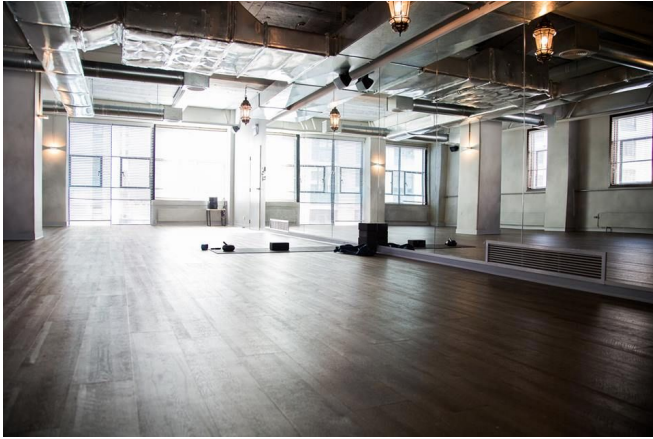


Accommodation

We strongly recommend preparing your accommodation in advance. Wellington experiences a high flow of tourists year-round.

- When booking, remember that timing is everything...the early bird catches the worm! Finding apartment-style accommodations with full kitchen facilities (rather than a hotel room) can be a great way to feel comfortable in a place far from home.
- If you're on a budget, consider sharing accommodation with a fellow student. We have created a Facebook page for trainees to share information and connect with one another before the training begins.
- There may be an opportunity to stay with local yogis who offer a room in their home for the duration of a training at a pre-determined cost. More information about this will also be shared on the Facebook page.
- Alternatively, Airbnb (www.airbnb.com) is a great site to find accommodation. Once again, sharing with other students is ideal. Other New Zealand-specific sites you might check out are www.holidayhouses.co.nz or www.bookabach.co.nz.
- You will find all levels of Hotel/Apartment accommodation on various booking sites, such

as: trivago.com, booking.com, expedia.com, agoda.com, etc.



Your Yoga Studio

While in Wellington, your Yoga Home-Away-From-Home will be Hot Yoga Wellington (Featherston St. studio location).

Level 2, 139 Featherston St., Wellington, NZ 6011

Consider booking accommodation closer to the CBD (central business district) to minimize your daily commute to training!



Any questions about Hot Yoga Wellington? Don't hesitate to contact us:

- Ph: (04) 499 4257
- Email: featherston@hotyogawellington.co.nz OR marketing@hotyogawellington.co.nz

Nourishment for Your Body - Some of our Favourites:

Seize – Clean eating, vegan- & paleo-friendly cafe near Hot Yoga | 117 Lambton Quay, Wellington, 6011 | 0274 585 886 | www.seize.nz

Aunty Mena's Vegetarian Cafe Restaurant – Asian fusion, vegan-friendly | 167 Cuba Street, Wellington 6011, New Zealand | 04 382 8288

Cin Cin – Italian | 156 Cuba St., Wellington | 043852462 | www.cincin.net.nz

La Cloche Cafe – French cafe a few blocks from Hot Yoga | 109 Featherston St. | www.lacloche.co.nz/central/

Marinui Cafe – Excellent beach-front brunch cafe; New Zealand classic + vegan fare | 7 Lyall Parade, Lyall Bay, Wellington 6022 | 04-387 4539 | www.maranuicafe.co.nz

Mt. Vic Chippery – New Zealand fish & chips | 5 Majoribanks St, Mount Victoria, Wellington 6011 | 04-382 8713

Loretta – Brunch cafe | 181 Cuba St. | www.loretta.net.nz

Where's Charlie - Vietnamese cuisine near Hot Yoga | 153/157 Willis St, Te Aro | wherescharlie.co.nz

Capitol Restaurant - Italian | 10 Kent Terrace | capitolrestaurant.co.nz | 043842855

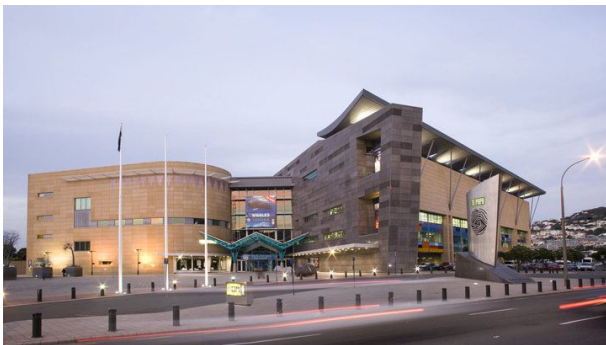


Not sure what you're hungry for? Check out **Capital Market** (151 Willis St.) for an array of international fare, seven days a week. Or, stroll through **Wellington Night Market** located at 107 Cuba St. every Friday from 5pm- 11pm.

Things to do:

We know you'll be busy with our trainings, but in case you're curious to explore Wellington a bit while you're here, we have a few ideas to get you started:

- Hike to **Red Rocks Reserve** on the South Coast! This 30 - 40 minute coastal walk leads from Owhiro Bay to the Red Rocks and is a great activity to end the day. Bring a picnic dinner and watch the sunset! (www.newzealand.com/int/feature/red-rocks-reserve)
- Explore **Te Papa**, New Zealand's national museum and art gallery. Admission is free! (www.tepapa.govt.nz)



- Stroll through the **Wellington Botanic Gardens**, nestled between Thorndon and Kelburn.
- Check out the contemporary art exhibits at **City Gallery Wellington** during your downtime. (citygallery.org.nz)
- Enjoy the stunning panoramic view of Wellington from **Mount Victoria Lookout**.



*for more ideas for touring the city, download the **Welly Walks app** on your phone. You'll be navigating on your own in no time!