



Wishing Tree Studio

ROOTED IN COMMUNITY

Schedule

December 8, we will be making the following minor changes to our schedule:

6:00 am Sunrise Flow on Mondays and Wednesdays will move to 5:45 am on Mondays and Tuesdays and class will run 45 minutes. Avery promises to have you early birds out the door and off to work before sun up!

Wednesday 4:30 will become a Flow class.

Thursday 4:30 pm class will move to 4:45 pm to allow more travel time after work.

5:45 pm class on Thursday will move to 6:00 pm. **7:00 pm class** will begin at 7:15 pm

9:00 am Gentle Yoga on Sundays will be 75 minutes in length.

A new class schedule will be posted on the website soon. Thank you, yogis for your suggestions. We'll keep working to meet your needs and interests!

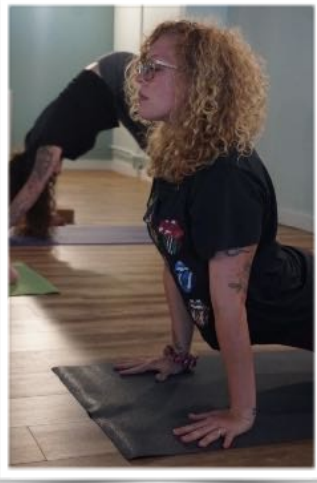


It has been nearly two months since we opened our doors and we have been overwhelmed by the response to the Wishing Tree. We want to thank everyone who has helped with the build out, offered advice, stopped by, taken a class, written an article, conducted an interview, led a workshop, or donated their time and talents to our Grand Opening. And a special thank you to our awesome team of instructors! We truly do feel “rooted in community.”

We're learning as we go and will be making a few minor adjustments to our class offerings beginning December 8. And we are excited about our upcoming workshops and special events.



Photo by Ginger Ambrose



Instructor Profile: Brittany

Brittany teaches Gentle Yoga, Warm Yoga and Flow. She's also our "fun engineer," coordinating puppy yoga, goat yoga and other fun off-site events.

Favorite Pose: Balancing Half Moon (Ardha Chanrasana). I love the expansive energy it provides!

Currently Reading: The Alchemist by Paulo Coelho

When not teaching, you can find me: hiking with my partner, Alex, and our two big doggos.

Favorite Vacation: Currently daydreaming about traveling to Indonesia, but any adventure including mountains and nature fills my cup up!

What I love about teaching at WTS: The COMMUNITY!! Everyone who comes to practice is so sweet and loving.



Saturday, December 7 12-2 pm

Ever wondered how to make your own Aromatherapy products, or wanted to learn which essential oils blend well together? Join Brittany for an afternoon of meditation and DIY. During this two hour workshop, you will learn the different families of essential oils and which oils blend best together. You will also make the following: 3 Aromatherapy Rollers, 1 Jar of Bath Soaking Salts, and 1 Bottle of Room Spray. (A \$60 value!) Space is limited. Sign up online or at the studio to reserve your spot!

Watch for Kelly's crystal singing bowl workshop and other winter events on the [Wishing Tree website](#) and [Facebook page](#).



Photo by Emily Temte

Good Karma Yoga

We offer two "Good Karma" classes a week. Monday's 11:15 am Good Karma class is a Mindful Slow Flow. This class is suitable for anyone and is by donation.

On Thursdays, we offer Good Karma Flow at 5:45pm at People's United Methodist Church, 103 Alpine Parkway. This class is also by donation with proceeds going to a local or national charity. In November and December, Thursday Good Karma funds will benefit Friends of Oregon Schools.

More Good Karma...we will be donating bags of food to PUMC's winter break food drive. If you would like to help with this effort, please consider donating any of the following:

Box of cereal

Canned soup

Canned spaghetti or ravioli

4-6 pack of applesauce/fruit cups

Box of granola bars

Jar of peanut butter

Jar of jelly

Please drop items off at the studio by December 14.

Thank you for your help!

More Puppy Yoga!

Did you miss Puppy Yoga in November? Don't despair - we have two more Puppy Yoga classes on the schedule. Thank you to our Friends at The Puppy Den for being such great partners in this joyous yoga experience!

Sunday, January 19, 2020 9:30-10:30 am

Sunday, March 22, 2020 9:30-10:30 am

Puppy Yoga features a fun yoga class while puppies play and offer snuggles. Yogis of all skill and fitness levels are welcome! The class costs \$25 for human participants and is FREE for puppy participants! Class is held at The Puppy Den in Fitchburg. Registration is required.

For more information and a link to registration, visit our special events page on the [Wishing Tree website](#).



Photo courtesy of The Puppy Den

A note regarding a recent news article: Thank you to the Oregon Observer for the recent article on Wishing Tree Studio and for correcting an erroneously attributed quote. The Observer staff was extremely professional and helpful in his matter and immediately resolved the issue in its online article.

I would never suggest that community yoga is "therapy" (especially having family members in the medical and mental health fields). While yoga can have many physical, mental and emotional benefits, it is not therapy. There are, however, certified yoga therapists as well as mental health counselors, psychotherapists, and social workers who bring yoga into their practices. We would like our members to know that such services exist. -Jo

Holiday Class Schedule

Please note that there will be some changes in the class schedule over the upcoming holidays.

Thursday, Nov. 28 - no classes, the studio will be closed.

Tuesday, Dec. 24

8:30 am Core and Balance
10:00 am Gentle Flow

Wednesday, Dec. 25 - no classes the studio will be closed.

Tuesday, Dec. 31 -

8:30 am Core and Balance
10:00 am Gentle Flow

Wednesday, Jan. 1 -

10:00 am Warm Yoga
3:00 pm Open Mat
4:30 pm Beginners
5:45 pm Gentle Flow
7:00 pm Yang/Yin

We Love Feedback

Let us know how we're doing. There is now a white "Post" box and comment cards near the bathroom. Please feel free to jot down comments or suggestions and drop them in the box. (Or email us or just stop by to chat.)

Gift Certificates and Specials

Looking for a Christmas gift? We have gift certificates for any amount! Free short sleeve v-neck or crew neck t-shirt with any gift certificate purchase through December 24.

We also have a new supply of beautiful handmade yoga mat carriers for just \$15 each - a thoughtful gift for your special yogi.

Black Friday t-shirt sale! Starting Friday, November 29 through December 31, all t-shirts will be 25% off. Purchase soon because supplies and sizes are limited.



“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”

- Henri Frederic Amiel

“Gratitude” - check out this beautiful short film by Louie Schwartzberg: <https://youtu.be/cpkEvBtyL7M>

Happy Thanksgiving, Everyone!