



Wishing Tree Studio
ROOTED IN COMMUNITY

WTS FAQ

We often get questions from yogis about Wishing Tree procedures and etiquette. Here are a few FAQs:

Do I have to sign up online?

The simple answer is no. But signing up ahead of time helps teachers plan and eases the check in process. Please let us know if you have trouble registering. We can help!

Can I bring my child to class?

We welcome children (with a parent) who can engage for a full hour of yoga. Kids 13 and older may attend on their own. In both cases, a parent will need to sign the child's waiver

Can I wear my shoes? Shoes are not generally not allowed in the practice space (except for fusion classes that include a cardio component). However, if you have a physical need for shoes, just let us know.

Cell phones? Simple - please silence! Leave them outside the practice space, if possible. Let your instructor know if you have special circumstances.

Happy New Year!

We're looking forward to some exciting workshops in 2020. Coming up this winter:

Miranda will offer a 6 week yoga class series for **Kids and Parents Tuesdays at 4:00-4:45 pm, Jan. 7 through Feb. 11.** Children of all ages are welcome! Yoga, mindfulness and meditation will be covered through books, fun postures and games. Parents are free of charge and encouraged to participate.

If you're newer to yoga or would like to deepen your practice, join Katie for **Yoga 101 on Saturday, January 11 and Yoga 102 on January 25, 11:00 - 12:30 pm.** These workshops will cover fundamental yoga poses in detail with recommendations catered to your own unique body.

Luke Arndt is coming back to the Wishing Tree for a series of **Presence, Movement and Play workshops beginning on Sunday, January 26 1:00-3:00 pm.** Each workshop will feature a variety of mindfulness/meditation practices and a combination of different natural human movement patterns and games.

Visit our [website](http://www.wishingtreestudio.com) for more information and to register.



Instructor Profile: Miranda



Miranda is a certified Ayurvedic Practitioner and 200-hour certified yoga teacher who has studied both Hatha and Ashtanga styles of yoga. She teaches Monday evening Restorative Yoga and Tuesday afternoon Yoga for Kids and Parents.

Favorite Pose: Uttitha Parsvakonasana or extended side angle. I love how it feels on my lower back and upper hip and can feel it lengthening my spine.

Currently Reading: The last book of Stephen King's Dark Tower series entitled *The Dark Tower*. I usually don't get into darker writing, but I really enjoy the fantasy aspect of these books, as well as the character development. The writing and imagery are so good, you feel as though you are getting sucked into the story.

When not teaching, you can find me: playing guitar, or playing with my five year old son. I love how he keeps my life full of fun and imagination!

Favorite Vacation: Although I traveled there for school to get my Yoga Teacher Certification, my favorite vacation would have to be my trip to Rishikesh, India. Our weeks were filled with 12 hour learning days, but we had plenty of time on the weekends to explore and hang out with the locals. I saw many beautiful temples, took part in some beautiful ceremonies, and in Kirtan with beautiful traditional instruments, spent a lot of time on the beaches of the Ganga River, and was able to watch the sunrise from the top of the Himalayas.

What I love about teaching at WTS: I love the warm and friendly environment and being able to help people relax and feel at peace in their everyday lives. I feel like yoga has had such a profound positive impact on my own life and being able to share that is such a blessing.

**Join Miranda for Kids and Parent Yoga on Tuesdays
4:00-4:45 pm January 7-February 11!**

[Register here](#) (scroll to January 7).



Photo by Ginger Ambrose

Schedule Changes

Based on your feedback, we are offering more lunch hour opportunities. **Join Aleta for Tuesday 11:45-12:30 lunch hour Flow** or stop by for an independent practice during **Wednesday's lunch hour Open Mat 11:30 - 12:30.**

We also heard your requests for more advanced yoga opportunities! **Join Katie Tuesdays at 5:45 pm for an Intermediate yoga flow.** This flow class will build heat with dynamic movement and further integration of strength, flexibility and breath. Explore arm balances, inversions and other advanced asanas by learning them step-by-step. Intended for those with a consistent yoga practice.

Our 4:00 pm Beginner class will change slightly. **"Yoga Basics" with Kelly will be offered each Monday from 4:45-5:45 pm,** hopefully leaving you a little more time between work and class.

We're sad to say that John is no longer able to teach the 4:45 Thursday Flow. January 9 will be his last day. We will miss John and his fun Flow class!

On a happier note, Debra has added another **Gentle Yoga** class to our schedule. Join her **Fridays at 10:00 am.**

Puppy Yoga!

You're invited to one hour of joy! Our popular Puppy Yoga class is scheduled for **Sunday, January 19, 2020 and Sunday, March 22, 2020 from 9:30-10:15 am** followed by 15 minutes of photo op time with the pups. 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

Oregon Area Wellness Expo

January 11, 2020 9:00 am - 12:00 pm in the Oregon High School Commons. Come join the Oregon Area Wellness Coalition in a morning of learning about wellness in the Oregon area. Vendors will be on hand to show you what they have to offer in regards to wellness. There will be 20 min "Try-It's" all morning for people to get a taste of new classes being offered and or services in the area that you may have never heard of.

Wishing Tree will have a table at the Expo and Jo will lead a 20 minute Yoga Try-It from 10:30-10:50 am.

Drop your name in the basket for a chance to win a 10 class pass and a Wishing Tree Studio t-shirt!

Wishing Tree Studio Class Schedule

beginning 1/5/2020

	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45 am		FLOW* Avery	FLOW* Avery				
7:15 am							MEDITATION Kelly
8:15 am							FLOW Kelly
8:30 am		FLOW Jess	CORE & BALANCE Debra	WARM Brittany	CORE & BALANCE Debra	YIN Kelly	
9:00 am	GENTLE** Lisa J						
9:30 am							GENTLE Brittany
10:00 am		YOGA FUSION Jo	GENTLE** Debra	GENTLE Brittany	MINDFUL** Debra	GENTLE Debra	
11:15 am		GOOD KARMA MINDFUL*** Jo				OPEN MAT	
11:30 am	FLOW Ali			OPEN MAT			
11:45 am			LUNCHTIME FLOW* Aleta				
3:00 pm		OPEN MAT					
4:00 pm			KIDS & PARENT* Miranda (1/7-2/11)				
4:30 pm				FLOW Avery			
4:45 pm		YOGA BASICS Kelly				YIN Kelly	
5:45 pm			INTERMEDIATE Katie	GENTLE Lisa	GOOD KARMA FLOW*** Jo		
6:00 pm	FLOW Nichole				WARM Ali		
6:45 pm		RESTORE Miranda					
7:00 pm			YANG/YIN Katie	YANG/YIN Lisa Z			
7:15 pm	RESTORE Nichole				FLOW Aleta		

* 45 Minute class; ** 75 Minute Class; *** Good Karma (GK) Class by donation (\$3 - \$5 suggested), Thursday Good Karma Class is held at People's United Methodist Church 103 N. Alpine Parkway