



# Wishing Tree Studio Class Schedule

WINTER 2024

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 am		RISE and SHINE FLOW (45) Nichole			RISE and SHINE FLOW (45) Nichole		
8:00 am		MEDITATION (20) Erin					
8:15 am							FLOW (60) Rotating Instructor
8:30 am		POWER FLOW** (60) Kelly	MAT PILATES (45) Jo	YANG/YIN Lisa Z (through Feb 28)			
9:00 am	GENTLE FLOW (60) Micole						
9:25 am							
10:00 am			GENTLE (60) Debra		YOGA FOR EVERYBODY (60) Debra		SOUND BATH (120)*** Krista
10:30 am	YOGA FOR YOUR MIND (60) with Joanne						
12:00 pm						FLOW (30) Micole	
4:00 pm							
5:00 pm	FLOW (60) Annie						
5:15 pm						YOGA HIIT (45) Hope (Feb 2, 16, 23)	
5:45 pm		FLOW (60) Berenice	FLOW** (60) Carolann	FLOW** (60) Kelly	COMMUNITY FLOW* (45) Jo		
6:15 pm	RESTORATIVE YOGA Annie						
7:00 pm			YOGA 101 (60) Annie	YIN** (75) Kelly			SOUND BATH (120)*** Krista

Wishing Tree Studio 121 N. Main St. Oregon

[www.wishingtreestudio.com](http://www.wishingtreestudio.com)

608-291-0472

\* FREE or by donation (\$3-\$5 suggested) to charity of the month; blended Live/Zoom.

\*\* In person only

\*\*\* Regularly scheduled EVENT; offered every other Saturday. Check Wellness Living for dates.

Most classes offer an in-person or virtual option! **Classes in dark grey are online only.** Watch our website, Instagram, and Facebook pages for upcoming workshops and special events. We also offer private and small group lessons, yoga therapy sessions, and yoga parties. Please contact us for information. On-demand classes are available on our website and in our Wellness Living video library.

