



Wishing Tree Studio Class Schedule

Spring 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) Frances	MAT PILATES (45) Jo		SLOW FLOW Alyssa		
9:00 am	GENTLE FLOW (60) Micole						
10:00 am			MINDFUL YOGA (60) Debra		YOGA FOR EVERYBODY (60) Debra		
12:00 pm						FLOW (30) Micole	
5:00 pm	FLOW (60) Annie						
5:15 pm							
5:45 pm		FLOW (60) Bérénice		FLOW** (60) Kelly/Annie	FREE COMMUNITY FLOW* (45) Jo		
6:15 pm	RESTORATIVE YOGA Annie						
7:00 pm				YIN** (75) Kelly/Annie			SOUND BATH (120)*** Krista

Wishing Tree Studio 121 N. Main St. Oregon

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 (\$25); offered once a month. 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 in our Wellness Living video library.

