



# Wishing Tree Studio Class Schedule DRAFT

Autumn/Winter 2024

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 am		RISE and SHINE FLOW (45) Nichole	MEDITATION (20) Erin		RISE and SHINE FLOW (45) Nichole		
8:15 am							FLOW (60) Rotating Instructor
8:30 am		POWER FLOW** (60) Frances	MAT PILATES (45) Jo				
9:00 am	GENTLE FLOW (45) Micole						
10:00 am			MINDFUL YOGA (75) Debra		YOGA FOR EVERYBODY (60) Debra		
12:00 pm						FLOW (30) Micole	
4:00 pm		PARENT & TOT YOGA** with Chloe every other week					
5:00 pm	FLOW (60) Annie						
5:15 pm						Pop- UP Classes and Sessions!	
5:45 pm		FLOW (60) Bérénice	3 WEEK CLASS SESSIONS (see Wellness Living for details)	FLOW** (60) Kelly W Annie	FREE COMMUNITY FLOW* (45) Jo		
6:15 pm	RESTORATIVE YOGA** Annie						
6:30 pm							SOUND BATH (75) *** Krista
7:00 pm				YANG/YIN**(60) Kelly W Annie	ROTATING CLASS** Kelly S. (Book Club 4th week)		

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 (\$30); offered once a month. Check Wellness Living for dates.

Many classes offer both 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, and yoga parties. Please contact us for information. On-demand classes are available in our video library.

