

# In-Person Cat & Kitten Yoga at Marathon County Humane Society

Tuesday, April 9<sup>th</sup>, May 14<sup>th</sup> & June 11<sup>th</sup> | 5:30-6:15 PM

With 5 Koshas Yoga & Wellness



**Looking for the purr-fect way to support the Humane Society of Marathon County while having fun?**

**Help these adorable creatures find their fur-ever home.**

Everyone welcome! Enjoy a fun & relaxing yoga class with these loving & adoptable creatures.

**Payment - Donation Fee:** \$15 - \$50

- **Classes have LIMITED spacing available.** Advanced registration is strongly **RECOMMENDED.**

**What to bring?**

- Bring your yoga mat, blanket, water bottle and any other class props that you may need

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com)



**with Rebecca Wooldridge,  
BS Psychology, BS Human Behavior,  
MA Educational Counseling & RYT-200**

At a young age of 52, I was able to retire from Education due to a debilitating spinal disease. From there I found the practice of yoga, and it has changed my life in every way a person's life can be changed. Now at a young 62, I am able to teach yoga, and through teaching, I hope to inspire all, because everybody deserves to be happy, healthy, and well, regardless of any physical challenges.

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**Easy Ways to Pay & Register:**

Put phone camera up to the QR Code below



A link will appear on your phone screen. Tap on the link. You'll be directed to the registration & payment links

**Another Registration & Payment Option:**

Go to [www.5koshasyoga.com](http://www.5koshasyoga.com) Tap the Events button & Click on the Cat Yoga Event