Fall & Winter 2026 Sessions

In-Person Cat Yoga at Marathon County Humane Society

Second Tuesday of Each Month | 5:30-6:15 PM

October 13th November 10th & December 6th



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 are LIMITED to 10 students for spacing available. Advanced registration is strongly encouraged.

What to bring? Bring your yoga mat, blanket, water bottle and any other class props that you may need

Please note, if there is inclement weather and there is a cancellation, your reservation will be moved to the next month's scheduled session date. Watch your emails for class updates!

Questions? Contact The 5 Koshas Team at 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 64, 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.

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 Tap the Events button & Click on the Cat Yoga Event

2220 Sherman Street, Wausau, WI phone: 715.298.1954 www.5koshasyoga.com