



www.yogaforwellnesspro.com

To attend/schedule online or in-person group classes or an individual session, please call Jeanne at 208-345-7113 or email jeannedillion@yogaforwellnesspro.com

8 - Week Session: March 6 - April 26, 2023

Monday

Tuesday

Wednesday

Thursday

Friday

**IN PERSON
OR ONLINE**

Individual Yoga Therapy
Mon. – Thurs. pm
by Appointment

ONLINE

Gentle Yoga
Noon – 1:00 pm
(No class on 3/13)

ONLINE

iRest® Yoga Nidra
Noon – 1:15 pm

ONLINE

Gentle Yoga
Noon – 1:00 pm

IN PERSON

Gentle Yoga
Yoga Tree of Boise
1674 W Hill Rd, Boise
3:00 - 4:00 pm