



Please keep this posting here, thank you.

THE QUARRY ARTS BUILDING – MOVEMENT CLASSES IN ROOM 170  
**UPDATED: 1ST QUARTER 2024**  
[www.quarryartsbuilding.com](http://www.quarryartsbuilding.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 – 8:45 am		7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:30 am	7:30 – 8:45 am
9:15 – 10:30 am Nancy Pullen Certified Kripalu Yoga Teacher <b>YOGA WITH NANCY</b> 255-9119 ext 2 <a href="mailto:nancypullen.pty@gmail.com">nancypullen.pty@gmail.com</a>			9:00 – 10:15 am	9:00 – 10:15 am Cecily Frederick <b>ALIGNMENT YOGA</b> 608-239-5334 <a href="mailto:cecily@madisonyoga.com">cecily@madisonyoga.com</a>	8:45 – 10:00 am Alicia Wright <b>Intermediate YOGA with Alicia</b> <a href="mailto:akwyoga@gmail.com">akwyoga@gmail.com</a>	9:00 – 10:15 am
10:30 – 11:45 am	10:30 – 11:45 am	11:00 – 12:15 am Rebecca Wigg-Niham <b>Holistic Healing &amp; Resilience</b> <a href="mailto:wigniham@gmail.com">wigniham@gmail.com</a>	10:30 – 11:45 am	10:30 – 11:45 AM	10:30 – 12:15 pm Nansi Colley <b>Svaroopaa Yoga with Nansi</b> (Madison Yoga, LLC) <a href="mailto:njcolley@wisc.edu">njcolley@wisc.edu</a>	10:30 – 11:45 am Madison Rinzai Zen Community <b>ZEN MEDITATION AND INTERNAL ENERGY PRACTICES</b> <a href="mailto:madisonrinzaizencommunity@gmail.com">madisonrinzaizencommunity@gmail.com</a> <a href="https://www.madisonrinzaizen.org/">https://www.madisonrinzaizen.org/</a>
NOON – 1:15 pm Iris Mickey <b>YOGA with IRIS</b> 608-446-4600 <a href="mailto:iris@yafayoga.org">iris@yafayoga.org</a> <a href="http://yafayoga.org">yafayoga.org</a>				NOON – 1:15 pm Andrea Russell <b>ALIGNMENT YOGA</b> 608-712-9642 <a href="http://andrearussell.com">andrearussell.com</a>	12:30 – 1:45 pm Laura Berger <b>Group Dance Improvisation</b>	NOON – 1:15 pm Madison Rinzai Zen Community <b>ZEN MEDITATION AND INTERNAL ENERGY PRACTICES</b> <a href="mailto:madisonrinzaizencommunity@gmail.com">madisonrinzaizencommunity@gmail.com</a> <a href="https://www.madisonrinzaizen.org/">https://www.madisonrinzaizen.org/</a>
1:30 - 2:45	1:30 - 2:45	1:30 - 2:45	1:30 - 2:45		1:30 - 2:45	1:30 - 2:45
4:00 – 5:15 pm	4:00 – 5:15 pm	4:00 – 5:15 pm	4:00 – 5:15 pm	3:30 – 4:45 p.m. Nancy Pullen Certified Kripalu Yoga Teacher <b>YOGA WITH NANCY</b> 608-255-9119 ext. 2 <a href="mailto:nancypullen.pty@gmail.com">nancypullen.pty@gmail.com</a>	4:00 – 5:15 p.m.	4:00 – 5:00 pm Kellie Jeffris <b>Yoga with Kellie - Strong</b> <a href="http://kelliejeffrisyoga.com">kelliejeffrisyoga.com</a>
5:30 – 6:45 pm Katie Eby <b>KripaluYOGA</b> 608-212-3436 <a href="mailto:ktschwartz@gmail.com">ktschwartz@gmail.com</a>	5:00 – 6:15 pm Marcella Speich <b>Yoga</b> <a href="mailto:backyardyoga@gmail.com">backyardyoga@gmail.com</a>		5:30 – 6:45 pm	5:30 – 6:45 pm Cecily Frederick <b>Private</b>	5:30 – 6:45 pm	5:15 – 6:15 pm Kellie Jeffris <b>Yoga with Kellie - Gentle</b> <a href="http://kelliejeffrisyoga.com">kelliejeffrisyoga.com</a>
7:00 – 8:15 pm Cecily Frederick <b>Private</b>	7:00 – 8:15 pm	7:00 – 8:15 pm Madison Rinzai Zen Community <b>ZEN MEDITATION AND INTERNAL ENERGY PRACTICES</b> <a href="mailto:madisonrinzaizencommunity@gmail.com">madisonrinzaizencommunity@gmail.com</a> <a href="https://www.madisonrinzaizen.org/">https://www.madisonrinzaizen.org/</a>	7:00 – 8:15 pm	7:00 – 8:15 pm	7:00 – 8:15 pm	7:00 – 8:15 pm
8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm
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