



YOGA TREE
Hotchkiss, Colorado

DEEPEN YOUR PRACTICE with NANCY STECHERT

April 19 - 21, 2024

TAPAS - SVADHYAYA - ISVARA - PRANIDHANA

We will use asana (postures), pranayama (breath control), meditation and yogic philosophy to explore Kryia yoga: TAPAS - intense desire and discipline, SVADHYAYA - self reflection and study, and ISVARA PRANIDHANA - surrender to the Divine.

Fri 4//19 - 5-7:30pm: Asana Practice

Sat 4/20-	9:00-10:15 am Pranayama	10:30am - 12:30pm Asana	12:30-2:00pm Sack lunch/ Philosophy	2:00-4:00pm Restorative Asana
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Sun 4/21- 10:30 am-1:00 pm: A combination of Asana, Pranayama, and Meditation

Cost: Entire Workshop - \$200 Individual Classes - \$18 / hour

Please email yoga@hotchkissyogatree.com to register.

**Pay at the beginning of the workshop. 3% surcharge for credit card
Classes will be available on Zoom.**