



Class Schedule Fall 2024

Yoga Tree
110 S 7th Street
Hotchkiss, CO
970-872-3377
www.hotchkissyogatree.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8-9 AM Mixed Levels w/ Elise		8-9AM Mixed Levels w/ Elise		8-8:55 AM Transformational Breath Meditation w/ Derek	
9-10 AM Mixed Levels w/ Elise	9:30-10:30 AM Slow Flow w/ Chloe NEW!	8:30-10AM Level II w/ Nancy	9:30-10:45 AM Yin Yoga w/ Sarsa	8:30-10 AM Level II w/ Nancy	9-10 AM Therapeutic Yoga w/ Katy	
10:15-11:15 AM Transformational Breath Meditation w/ Derek		10:30-11:30 AM Gentle w/ Nancy		10:30-11:30 AM Gentle w/ Nancy		
	4:30-5:30 PM Functional Breathing w/ Derek NEW!	4:30-5:30 AM Slow Flow w/ Chloe NEW!		4:30-5:30PM Mixed Levels w/ Nancy		
	5:30-6:30 PM Functional Breathing w/ Derek					