



Class Schedule Winter 2025

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	8:30-10 AM* Level II w/ Nancy	9:30-10:45 AM Yin w/ Sarsa	8:30-10 AM* Level II w/ Nancy	9-10 AM Level I w/ Katy	9:30-10:30 AM Vinyasa Inspired w/ Zia
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		11 AM-Noon Hatha w/ Carol
	4:30-5:30 PM Functional Breathing w/ Derek	4:30-5:30 PM Slow Flow w/ Chloe	4:30-5:30 PM Level I w/ Katy	4:30-5:30 PM Mixed Levels w/ Nancy	4:30-5:30 PM Hatha w/ Carol	12:15 - 1:30 PM Yin w/ Carol
	5:30-6:30 PM Functional Breathing w/ Derek					

* Class Available by Zoom. Register at <https://hotchkissyogatree.com/schedule/>