



YOGA TREE
Hotchkiss, Colorado

DEEPEN YOUR PRACTICE with NANCY STECHERT

April 25, 26 & 27, 2025

The ABC of Yoga

Starting with the basics, ending in the sublime!

Friday 4/25 5:30 -7:30 pm: Asana Practice

Saturday 4/26	9:00-10:30 am	10:30 am- 12:30pm	12:30-2:00 pm	2:00-4:00 pm
	Pranayama	Asana	Sack lunch/ Philosophy	Restorative Asana

Sunday 4/27 10:30 am-1:30 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.

