



Class Schedule

Early Summer 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00 AM Mixed Levels Elise		8:00-9:00 AM Mixed Levels Elise			
9:00-10:00 AM Mixed Levels Elise	9:30-10:30 AM Slow Flow Chloe Cancelled until Fall	8:30-10 AM Level II Nancy	9:30-10:45 AM Yin Yoga Sarsa	8:30-10 AM Level II Nancy	9:00-10:00 AM Therapeutic Yoga Katy	11:00 AM - Noon Hatha Yoga Anandi
10:15-11:15 AM Breath and Body Awareness Derek		10:30-11:30 AM Gentle Nancy	12:30 PM - 1:30 PM Vinyassa Zia	10:30-11:30 AM Gentle Nancy		12:15-1:15 PM Yin Yoga Anandi
	4:30-5:30 PM Conscious Breathing Derek	4:30-5:30 PM Slow Flow Chloe Cancelled until Fall	4:30-5:30 PM Therapeutic Yoga Katy Cancelled until Fall	4:30-5:30 PM Mixed Levels Nancy	4:30-5:30 PM Restorative Yoga Anandi Cancelled until Fall	
					5:30-6:30 PM Sound Meditation Anandi Cancelled until Fall	

July 7, 2025