

Mini Yoga Workshop with Nancy Stechert

**Saturday September 20th
10AM - 1 PM**

**Enjoy a deeper exploration of
Pranayama and Asana for Beginners to
Intermediate Students**

Students can choose part or all of the workshop.

***first hour -beginning pranayama**

***second hour-asana * third hour intermediate level**

\$13.00 per hour



YOGA TREE

Hotchkiss, Colorado

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