



YOGA TREE  
*Hotchkiss, Colorado*

# DEEPEN YOUR PRACTICE with NANCY STECHERT

June 25, 26 & 27, 2026

<b>Fri 6/26</b>	<b>3:00-4:30 pm</b> Asana all levels	<b>5:00-6:30pm</b> Restorative Asana		
<b>Sat 6/27</b>	<b>9:00-11:00am</b> Asana	<b>11:15-12:15pm</b> Pranayama	<b>12:30-2:00pm.</b> Lunch & Philosophy	<b>2:00-4:00pm</b> Asana
<b>Sun 6/28</b>	<b>9:00-Noon</b>	A combination of Asana, Pranayama and Meditation		

**Price** Complete Workshop - \$180 Individual sessions - \$22 each session

Please email [yoga@hotchkissyogatree.com](mailto:yoga@hotchkissyogatree.com) to register.

**Pay at the beginning of the workshop.**

**Classes will be available on Zoom.**