



YOGA TREE
Hotchkiss, Colorado

110 South 7th Street - P.O. Box 842 - Hotchkiss, CO 81419
970.872.3377 - yoga@hotchkissyogatree.com

CLASS SCHEDULE*

WINTER 2020

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---------------------------|----------------------------|----------------------------|----------------------------|---|
| 7:00 AM | | Nancy 1 hr Mixed Levels | | Nancy 1 hr Mixed Levels | |
| 8:30 AM | | Nancy 1.5 hr Level II | | Nancy 1.5 hr Level II | |
| 9:00 AM | Cindy 1 hr Therapeutic | | Ashley 1 hr Therapeutic | | Cindy 1 hr Therapeutic |
| 10:30 AM | Nancy 1 hr Level I | | | | <i>New Class</i> Cindy 1 hr Level I |
| 4:30 PM | Nancy 1 hr Gentle | | Nancy 1 hr Gentle | | Ashley 1 hr Gentle |
| 5:30 PM | | | Nancy 1 hr Mixed Levels | | |

Pricing

Regular Rates

1 Hour Classes:

| | |
|---------------|------|
| Drop In | \$11 |
| 5 Class Pass | 48 |
| 10 Class Pass | 95 |

1.5 Hour Classes:

| | |
|---------------|-------|
| Drop In | \$ 13 |
| 5 Class Pass | 58 |
| 10 Class Pass | 110 |

Memberships

| | |
|---------|----------------|
| 1 Month | \$ 120 |
| 1 Year | 1,200/annually |

Class Descriptions

Mixed Levels - All Levels

Level I - Beginner

Level II - Advanced Beginner

Gentle - Slow pace, no inversions

Francisco Style - Passive, healing work

Pranayama - exploring of the breath, philosophy and techniques

🧘 Yoga classes are taught in Iyengar and other traditions.

🧘 All props (mats, etc.) are provided.

🧘 Wear comfortable clothing; yoga is best done on an empty stomach.

* Check our website to confirm any schedule changes <http://www.hotchkissyogatree.com/>.