100hr YOGA IMMERSION

SHALA HIGH PEAKS YOGA

JAN 27TH - MARCH 31ST

EMBARK ON A TRANSFORMATION

THIS 100-HOUR IMMERSION IS DESIGNED FOR STUDENTS EAGER TO DEEPEN THEIR UNDERSTANDING OF YOGA.

WITH A STRUCTURE TO SUPPORT CONSISTENCY THROUGHOUT THE WINTER, EACH MODULE FOCUSES ON A DIFFERENT ASPECT OF THE PRACTICE — FROM ASANA ALIGNMENT TO SUBTLE ENERGETICS AND PHILOSOPHY.

COMPLETING THIS IMMERSION ALSO POSITIONS YOU TO CONTINUE ON WITH A 200-HOUR OR 300-HOUR YOGA TEACHER TRAINING AT HIGH PEAKS YOGA SHALA IF YOU WISH TO BECOME A YOGA TEACHER.

High Peaks Yoga Shala

JAN 27TH - MARCH 31ST

THE CURRICULUM

ASANA + ALIGNMENT FOUNDATIONS

ANATOMY FOR YOGIS

SUBTLE BODY ENERGETICS

YOGA PHILOSOPHY & YOGIC LIVING

PRANAYAMA & MEDITATION

YIN, RESTORATIVE & YOGA NIDRA

YOGA FOR THE NERVOUS SYSTEM

High Peaks Yoga Shala

JAN 27TH - MARCH 31ST

THE SCHEDULE

WEEKLY:
WEDNESDAYS 5:30 - 7:00PM

TWO WEEKENDS:
SATURDAY & SUNDAY 9 - 3PM
FEB + MARCH 7TH & 8TH

***OPTION TO JOIN VIRTUALLY AND MAKE-UP SESSIONS AVAILABLE**

EARLY BIRD PRICING: $1100
FULL RATE: $1350

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JAN 27TH - MARCH 31ST

YOUR LEADS

NIKKI WARREN – ERYT 500 & TRAUMA-INFORMED YOGA THERAPIST



Nikki is the owner of High Peaks Yoga Shala and brings a rich background in both dynamic and restorative yoga. After starting her practice in 2012, she completed a 500-hour Vinyasa teacher training, followed by 800 hours of yoga therapy training, 50 hours in Yoga Nidra, and is a Trauma Informed Yoga Therapist.

Lover of the body-mind connection, Nikki guides you through practices that explore movement, breath, and deeper self awareness.

BETH MCNALLY – ERYT 500



Beth discovered yoga in 2014 and completed her 200-hour training to deepen her personal practice. She now specializes in Yin, Restorative, Deep Restorative yoga, Reiki Level 2, and a deeper study of yoga's history and philosophy.

With Beth, you'll learn to slow down, linger in stillness, and connect to how it feels—she brings a calm, grounding presence to help you develop both your body awareness and teaching voice.

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