



100HR YOGA IMMERSION

Expand your knowledge, refine your practice, and take the next step in your yoga journey.

- ✓ Study the asanas from the inside out
- ✓ Explore subtle body + energetic systems
- ✓ Foundational yogic philosophy
- ✓ Beginner-friendly & seasoned-student friendly
- ✓ Personalized guidance + mentorship

Led by: Nikki Warren and
Beth McNally

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HOW IT WORKS:

This 100-hour immersion is designed for students eager to deepen their understanding of yoga. Structured 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.

Starts **January 7th** – 4 Month Immersion

- Weekly Sessions: **Wednesdays 5:30pm–7:30pm**
- Monthly Weekend Immersion: **Saturday 9am–3pm and Sunday 9am–5pm**
- Flexible Attendance: Join **in-person or virtually**, with options to make up any missed sessions
- Payment Options:
 - Early bird (ends Dec 14th): \$1,100
 - Regular: \$1,350
 - Payment plans available, contact for more details



Your Mentors:

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 200 (Restorative & Yin Specialist)

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.

MODULES:

Asana + Alignment Foundations

Build confidence and clarity in your practice through posture labs, body-awareness practices, and a deeper understanding of how the postures work in *your* body.

Anatomy for Yogis

Learn practical, accessible anatomy to help you move safely, prevent injury, and understand how breath, joints, muscles, and fascia respond in practice.

Subtle Body Energetics

Explore chakras, vayus, nadis, bandhas, and the energetic layers of the body to deepen your awareness and add dimension to your physical practice.

Yoga Philosophy & Yogic Living

Dive into the history, roots, and wisdom traditions of yoga—and learn how to translate philosophy into meaningful, everyday life practices.

Pranayama & Meditation

Develop consistent breathwork and meditation tools to support focus, nervous-system balance, and inner steadiness.

Yin, Restorative & Yoga Nidra

Experience slower, introspective practices that release tension, support the subtle body, and cultivate profound rest, recovery, and integration.

Trauma-Informed Awareness

Gain foundational trauma-sensitive approaches to support your own practice with compassion and deepen your understanding of safety, boundaries, and the nervous system.

SAMPLE SCHEDULE:

Wednesdays

- 5:30–6:30pm — Asana Practice with Beth or Nikki
- 6:30–7:30pm — Immersion Module Session (+ homework for the week)

Monthly Weekend Sessions

Saturdays

- 9:00–10:00am — Guided Breathwork, Meditation, and Reflection
- 10:00–11:30am — Immersion Module Workshop
- 11:30–12:30pm — Asana Practice with Beth or Nikki
- 12:30–1:00pm — Break
- 1:00–2:30pm — Immersion Module Workshop
- 2:30–3:00pm — Integration + Discussion

Sundays

- 9:00–10:00am — Asana Practice with Beth or Nikki
- 10:00–12:00pm — Immersion Module Workshop
- 12:00–12:30pm — Break
- 12:30–2:30pm — Immersion Module Workshop
- 2:30–3:30pm — Guided Breathwork, Meditation, and Reflection
- 3:30–4:00pm — Integration + Discussion
- 4:00–5:00pm — Asana Practice with Beth or Nikki