

Yoga In The Pines

1100 N Beeline Hwy Ste. K
Payson Arizona
928-476-0828

www.YogaInThePines.com



2023

Instructors:

Megan - @meganerbeyoga Abhaya
Kelli - @kk_h2os Mary
Adrian - taichiavk.com William - @willin_az
Jessica - soundsofthesoulhealingarts.com Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PRICES: Single Class - \$15 4 Class Pass (30 day) - \$50 ^ Chair Class Discount -\$5 Unlimited Pass (30 day) - \$100 Events and WKSPs Vary Senior Discount (65+) - \$12</p> <p>All studio classes are 75 minutes unless otherwise stated. *Pre-Register for Events, Workshops and Heated Yoga to save your spot! Register online or in-studio* Walk-ins are welcome as space is available!</p>			<p>'Bob Ross Inspired Payson Forest'</p> <p>→</p> <p>This Month's Paint In The Pines!</p>			<p>1 9:00a - POWER 10:30a - GENTLE</p>
<p>2 10:00a-HEATED 26+2 YOGA 90M</p>	<p>3 10:00a- QIGONG 6:00p - SOUNDS for the SOUL</p>	<p>4 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- 26+2 YOGA 90M</p>	<p>5 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI</p>	<p>6 9:00a - GENTLE 10:30a -^CHAIR 6:00p - FULL MOON FIRE</p>	<p>7 8:30a - POWER 10:00A - YIN</p>	<p>8 9:00a - POWER 10:30a - GENTLE 1:00p - YIN YANG WKSP 120m</p>
<p>9</p>	<p>10 10:00a- QIGONG 6:00p - SOUNDS for the SOUL</p>	<p>11 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- 26+2 YOGA 90M</p>	<p>12 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI</p>	<p>13 9:00a - GENTLE 10:30a -^CHAIR 6:00p- HEATED 26+2 YOGA 90</p>	<p>14 8:30a - POWER 10:00A - YIN</p>	<p>15 9:00a - POWER 10:30a - GENTLE 1:00p - BALANCE / INVERSION WKSP 120M</p>
<p>16 10:00a-HEATED 26+2 YOGA 90M</p>	<p>27 10:00a- QIGONG 6:00p - SOUNDS for the SOUL</p>	<p>18 9:00a - GENTLE 10:30a - ^CHAIR 6:00P- QIGONG</p>	<p>19 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI</p>	<p>20 9:00a - GENTLE 10:30a- ^CHAIR</p>	<p>21 8:30a - POWER</p>	<p>22 9:00a - POWER 10:30a - FAMILY FUN EVENT 90M</p>
<p>23</p>	<p>24 10:00a- QIGONG 6:00p - SOUNDS for the SOUL</p>	<p>25 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - GLUTES, ABS, N MORE</p>	<p>26 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI</p>	<p>27 9:00a - GENTLE 10:30a- ^CHAIR 6:00P- QIGONG</p>	<p>28 8:30a - POWER 10:00A - YIN 6:30p - PAINT IN THE PINES 120M</p>	<p>Saturday: 29/30 9:00a-GLUTES/ABS 10:30a - STRETCH 10:00a - WORLD TAI CHI DAY (park) Sunday: 1:00p - UNITY ENERGY WKSP</p>