

Yoga In The Pines

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



2023

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
Kelli - @kk_h2os
Jessica - soundsofthesoulhealingarts.com
Barbra - @barbra.blithe67
Amitayus and Elica - _ www.b-inghuman.com/
William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO PRICING: \$15 - Single Class \$50 - 4 Class Pass (30 day) \$100 - Unlimited Pass (30 day) \$12 - Senior Discount (65+) \$5 - ^Chair Class Discount Events and Workshops Vary		1 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - BEST OF BARRE/PILATES	2 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	3 9:00a - GENTLE 10:30a - ^CHAIR	4 8:30a - POWER 10:00a - WARM FLOW YOGA (6max)	5 8:30a - ALL LEVELS YOGA 10:00a - RESTORATIVE YIN YOGA
Kids Event!! 6 YOGA IN THE PINES WILL BE AT GV PARK 1030-noon HOSTING A BOOTH AT THE BUBBA RUN	7 6:00p - SOUND MEDITATION	8 9:00a - GENTLE 10:30a - ^CHAIR 1:00p - *MELLOW MOVES SUP* 5:15p - BEST OF BARRE/PILATES	9 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	10 9:00a - GENTLE 10:30a - ^CHAIR	11 8:30a - POWER 10:00a - WARM FLOW YOGA (6max)	12 8:30a - ALL LEVELS YOGA 11:30 - *FLOAT N FLOW SUP 60m* 1:30 - *BREEZY BEGINNER SUP*
13 3:00p - SENSORY TECHNIQUES WORKSHOP (120m)	14 6:00p - SOUND MEDITATION	15 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - BEST OF BARRE/PILATES	16 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	17 9:00a - GENTLE 10:30a - ^CHAIR	18 8:30a - POWER 10:00a - WARM FLOW YOGA (6max)	19 8:30a - ALL LEVELS YOGA 10:00a - RESTORATIVE YIN YOGA
20	21 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - SOUND MEDITATION	22 Megan is out of town. Thankyou 5:15p - BEST OF BARRE/PILATES	23 7:00p - GRATITUDE MEDITATION (60m)	24 for supporting YITP!!!	25 PAINT IN THE PINES WILL BE BACK IN SEPT!! 7:00p - CONSCIOUS RELATIONSHIPS WKSP (120m)	26 8:30a - ALL LEVELS YOGA 10:00a - WARM YIN YOGA (6max) Mother Mallard/ Family Fun Day returns in Sept!
27	28 6:00p - SOUND MEDITATION	29 5:15p - BEST OF BARRE/PILATES	30 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	31 9:00a - GENTLE 10:30a - ^CHAIR *Upcoming Special Event* Sept 1st 7-830p Full Moon Water-Bowl Ceremony!	-All studio classes are 75 minutes unless otherwise stated. -Walk-ins are welcome for regularly scheduled weekly classes as space provides (Pre-Register online to reserve your spot!) -Register Online or In-Studio for all *Specialty Events and Workshops* (exception is Family Fun Event only) Register at www.YogaInThePines.com	