

Yoga In The Pines

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www.YogaInThePines.com



2023

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
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Abhaya
William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING: \$15 - Single Class \$50 - 4 Class Pass (60 day) \$100 - Unlimited Pass (30 day) \$12 - Senior Discount (65+) -All studio classes are 75 minutes unless otherwise stated. -Must Register for Events, Workshops and Heated Yoga to save your spot -Walk-ins are welcome as space is available! **= register only classes Register at www.YogaInThePines.com					1 'Happy Snowman' ← This Month's Paint In The Pines!	2 9:00a - DANCE FITNESS 60m
3	4	5	6	7	8	9
	6:00p - SOUND MEDITATION	6:00p - DANCE FITNESS 60m	6:00p - GRATITUDE MEDITATION (donation)			9:00a - DANCE FITNESS 60m 10:30-Noon - 20min-ENERGY TUNE-UPS (donations)
10	11	12	13	14	15	16
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR	8:30a - ENERGY 10:00A - YIN / RESTORATIVE 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - ^CHAIR	8:30a - POWER 10:00a HEATED 26+2 90min (6max)	9:00a - ENERGY 10:30a - YIN / RESTORATIVE 6:00p - CACAO CEREMONY 90m
17	18	19	20	21	22	23
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - DANCE FITNESS 60m	8:30a - ENERGY 10:00A - YIN / RESTORATIVE 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - ^CHAIR	8:30a - POWER 10:00a HEATED 26+2 90min (6max) 6:30p - PAINT IN THE PINES 120m	9:00a - ENERGY 10:30a - FAMILY FUN DAY
24/31	25	26	27	28	29	30
		WE ARE CLOSED.	ENJOY YOUR HOLIDAYS!!	SEE YOU JANUARY 2		THANK YOU FOR SUPPORTING YOGA IN THE PINES!!