

Yoga In The Pines

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FEBRUARY 2023

Instructors:

Mel - @yoga.fortunata
Megan - @meganerbeyoga
Kelli - @kk_h2os
Adrian - taichiavk.com
Jessica - soundsofthesoulhealingarts.com
Abhaya
William - @willin_az
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>			1	2	3	4
			8:30a - ENERGY 10:00a - YIN 6:00p - TAI CHI	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	8:30a - POWER 10:00 - YIN	9:00a - POWER 10:30a - GENTLE
5	6	7	8	9	10	11
	10:00a - QIGONG 6:00p - SOUNDS for the SOUL	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	8:30a - ENERGY 10:00a - YIN 6:00p - TAI CHI	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	8:30a - POWER 10:00 - YIN	9:00a - POWER 10:30a - GENTLE
12	13	14	15	16	17	18
10:00a - HEATED 26+2 YOGA ** 90M 4:00p - CACAO CEREMONY* 90M	10:00a - QIGONG 6:00p - SOUNDS for the SOUL	9:00a - GENTLE 10:30a - ^CHAIR Happy Valentine's Day - 2 for 1; bring a friend for free! 6:00p - ENERGY	8:30a - ENERGY 10:00a - YIN 6:00p - TAI CHI	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	8:30a - POWER 10:00 - YIN 5:00p - CHAKRA YOGA & MEDITATION * 120M	9:00a - POWER 10:30 - GENTLE
19	20	21	22	23	24	25
10:00a - HEATED 26+2 YOGA ** 90M	10:00a - QIGONG 6:00p - SOUNDS for the SOUL	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	8:30a - ENERGY 10:00a - YIN 6:00p - GENTLE	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	8:30a - POWER 10:00 - YIN 6:30p - PAINT IN THE PINES!* 120M	9:00a - POWER 10:30a - FAMILY FUN EVENT! 90M 2:00p - SELF MASSAGE WKSP* 90M
26	27	28	<p>This Month's Paint In The Pines!</p> <p>→</p> <p>We will be painting a Payson version of "Payson Starry Night"</p>			
10:00a - HEATED 26+2 YOGA ** 90M	10:00a - QIGONG 6:00p - SOUNDS for the SOUL	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY				

