

Yoga In The Pines

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Payson Arizona
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www.YogaInThePines.com



Instructors:

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICES: \$15 - Single Class \$50 - 4 Class Pass (30 day) \$100 - Unlimited Pass (30 day) \$12 - Senior Discount (65+) -All studio classes are 75 minutes unless otherwise stated. -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				JUNE SPECIAL: 6pm Wednesdays are Donation Based!		
				1 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - CHAKRA DANCE	2 8:30a - POWER 10:00a - WARM YOGA (6max)	3 12:00p - EHS 1 Understanding Dysfunction in Energetic Body 120m
4 1:00p - MEDITA- TION SAMPLER 120m New to meditation, think you "suck" at meditation, or want to try a few new styles out, then this class is for you.	5 Explore different styles of meditation: mindfulness, mantra, movement. Find a peaceful path that works for you. ← 6:00p - SOUND MEDITATION	6 Megan is out of town for a work trip yoga retreat 6:00p- MINDFUL MOVEMENT	7 town for a work trip yoga retreat	8 6:00p - CHAKRA DANCE	9 Thank you for supporting YITP!	10 12:00p - EHS 2 Power of Inten- tion & Working with Crystals 120m
11 1:00p - SOUND PLAY WKSP	12 6:00p - SOUND MEDITATION	13 9:00a - GENTLE 10:30a - ^CHAIR 6:00p ALL LEVEL YOGA	14 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p ALL LEVEL YOGA <u>donation</u>	15 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - CHAKRA DANCE	16 8:30a - POWER 10:00a - WARM YOGA (6max)	17 8:30a - ALL LEVELS YOGA 12:00p -EHS 3 Self Practice 120 11:30 - *FLOAT N FLOW SUP 60m 1:30 - *BREEZY BEGINNER SUP
18	19	20 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- MINDFUL MOVEMENT	21 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 1:00p - *FLOAT N FLOW SUP 60m 6:00p ALL LEVEL YOGA <u>donation</u>	22 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - CHAKRA DANCE	23 8:30a - POWER 10:00a - WARM YOGA (6max) 6:30p - PAINT IN THE PINES 120M	24 8:30a - ALL LEVELS YOGA 10:30a - FAMILY FUN FIELD DAY 10a-6p - **HOLY FIRE REIKI 1-2 TRAINING**
25 10a-6p - **HOLY FIRE REIKI 1-2 TRAINING**	26 6:00p - SOUND MEDITATION	27 9:00a - GENTLE 10:30a - ^CHAIR	28 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p ALL LEVEL YOGA <u>donation</u>	29 9:00a - GENTLE 10:30a - ^CHAIR	30 8:30a - POWER 10:00a - WARM YOGA (6max)	'Payson Starry Night' This Month's Paint In The Pines! →

