


Yoga In The Pines

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Payson Arizona
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www.YogaInThePines.com

March 2023

Instructors:

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Jessica - soundsofthesoulhealingarts.com
Lisa - @2mcnabs
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William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PRICING: \$16 - Single Drop-In Class \$13 - Senior Discount Drop-In \$55 - 4 Class Pass (valid 60d) \$5 - Chair Class Discount \$108 - Unlimited Pass (30d) \$75 - Unlimited Zoom Access</p> <p>- All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes!! - Must Register for Events, Workshops, Heated Yoga (6 spots) to save your spot. Walk-ins are welcome as space is available Register at www.YogaInThePines.com</p>				<p>'Mushroom House' → This Month's Paint In The Pines!</p> 	1	2
3	4	5	6	7	8	9
	8:30a - GENTLE FLOW WITH YIN 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS	8:30a - GENTLE FLOW WITH YIN 10:00a - YOGA-LATES 90m 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a *HEATED YOGA ALL LEVEL 6max	9:00a - POWER 10:30a - REST/ YIN
10	11	12	13	14	15	16
6:00p - NEW MOON WATER BOWL CEREMONY 90m	8:30a - GENTLE FLOW WITH YIN 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS	8:30a - GENTLE FLOW WITH YIN 4:00p - YOGA ALL LEVELS 6:00p - REST/YIN	9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a *HEATED YOGA ALL LEVEL 6max	9:00a - POWER 10:30a - REST/ YIN
17	18	19	20	21	22	23
	8:30a - GENTLE FLOW WITH YIN 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS	8:30a - GENTLE FLOW WITH YIN 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE 10:30a- CHAIR 6:00p- CHAKRA SERIES solar plexus	8:30a - ENERGY 10:00a *HEATED YOGA ALL LEVEL 6max 6:00p - PAINT IN THE PINES 120m	9:00a - POWER 10:30a - FAMILY FUN DAY
24	25	26	27	28	29	30
3:00-4:00p - KRAFT WITH KAYLA	8:30a - GENTLE FLOW WITH YIN 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (sub Winter C.)	8:30a - GENTLE FLOW WITH YIN 4:00p - YOGA ALL LEVELS 6:00p - REST/YIN	9:00a - GENTLE 10:30a- CHAIR 4:00 - 20MIN ENERGY TUNE UP 120m - donations	8:30a - ENERGY 10:00a *HEATED YOGA ALL LEVEL 6max	9:00a - POWER 10:30a - REST/ YIN
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