

# Yoga In The Pines

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

www.YogaInThePines.com  
meganerbeyoga@gmail.com

# March 2023

### Instructors:

Mel - @yoga.fortunata      Abhaya  
Megan - @meganerbeyoga      Mary  
Kelli - @kk\_h2os      William - @willin\_az  
Adrian - taichiavk.com      Gail - as Mother Mallard  
Jessica - soundsofthesoulhealingarts.com

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|---|--|---|---|---|
| <p><b>PRICES:</b><br/>                     Single Class - \$15<br/>                     4 Class Pass (30 day) - \$50    ^ Chair Class Discount -\$5<br/>                     Unlimited Pass (30 day) - \$100    Events and WKSPs Vary<br/>                     Senior Discount (65+) - \$12</p> <p>All studio classes are 75 minutes unless otherwise stated.<br/>                     **Pre-Register for Events, Workshops and Heated Yoga to save your spot! Register online or in-studio**<br/>                     Walk-ins are welcome as space is available!</p> |   |   |  |   |   |   |
|  |   |   | 1  | 2   | 3   | 4   |
|  |   |   | 8:30a - ENERGY<br>10:00a - YIN<br><br>6:00p - TAI CHI                | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - GLUTES,<br>ABS, N MORE | 8:30a - POWER<br>10:00 - YIN  | 9:00a - POWER<br>10:30a - GENTLE                      |
| 5  | 6   | 7   | 8  | 9   | 10  | 11  |
|  | 10:00a - QIGONG<br><br>6:00p - SOUNDS<br>for the SOUL | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - ENERGY | 8:30a - ENERGY<br>10:00a - YIN<br><br>6:00p - TAI CHI                | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - HEATED<br>ENERGYFLOW*  | 8:30a - POWER<br>10:00 - YIN  | 9:00a - POWER<br>10:30a - GENTLE                      |
| 12   | 13  | 14  | 15   | 16  | 17  | 18  |
| 10:30a - HEATED<br>ENERGY FLOW*  | 6:00p - SOUNDS<br>for the SOUL                        | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - ENERGY | 8:30a - ENERGY<br>10:00a - YIN<br><br>6:00p - SOUNDS<br>for the SOUL | 9:00a - GENTLE<br><br>6:00p - GRATI-<br>TUDE MEDITA-<br>TION 90M        | 8:30a - POWER<br>10:00 - YIN  |   |
| 19   | 20  | 21  | 22   | 23  | 24  | 25  |
|  | 6:00p - *SPRING<br>EQUINOX EVENT<br>90M               | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - QIGONG | 8:30a - ENERGY<br>10:00a - YIN<br><br>6:00p - TAI CHI                | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - GLUTES,<br>ABS, N MORE | 8:30a - POWER<br>10:00 - YIN<br><br>6:30p - PAINT IN<br>THE PINES!*<br>120M | 9:00a - POWER<br>10:30a - FAMILY<br>FUN EVENT!<br>90M |
| 26   | 27  | 28  | 29   | 30  | 31  |   |
| 1:00p - UNITY<br>ENERGY WKSP*<br>120M  | 10:00a - QIGONG<br><br>6:00p - SOUNDS<br>for the SOUL | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - QIGONG | 8:30a - ENERGY<br>10:00a - YIN<br><br>6:00p - TAI CHI                | 9:00a - GENTLE<br>10:30a - ^CHAIR<br><br>6:00p - GLUTES,<br>ABS, N MORE | 8:30a - POWER<br>10:00a - YIN   | 'PLAYFUL<br>DRAGONFLY'                                |

This Month's  
Paint In The  
Pines! →

