



# Yoga In The Pines

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 Payson Arizona  
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 www.YogaInThePines.com

**Instructors:**  
 Megan - @meganerbeyoga/meganerbe.yoga  
 Jessica - soundsofthesoulhealingarts.com  
 Lisa - @2mcnabs  
 William - @willin\_az  
 Gail - as Mother Mallard  
 Kayla - Kraft with Kayla

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>PRICING:</b>            Single Class - \$15 Senior Discount (65+) - \$12            4 Class Pass (60 day) - \$50 Chair Class Discount -\$5            Unlimited Pass (30 day) - \$100 Events and WKSPs Vary</p> <p>-All studio classes are 75 minutes unless otherwise stated.            -Must Register for Events, Workshops and Warm Yoga to save your spot            -Walk-ins are welcome as space is available!            Register at www.YogaInThePines.com</p>						
			1	2	3	4
			8:30a - ENERGY 10:00a - YIN 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - CHAIR	8:30a - POWER 10:00a - WARM YOGA (6max)	9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE
5	6	7	8	9	10	11
3:00p - SENSORY MEDITATION WORKSHOP 120m		9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE & MOVE 60m	8:30a - ENERGY 10:00a - YIN 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - CHAIR	8:30a - POWER 10:00a - WARM YOGA (6max)	9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE
12	13	14	15	16	17	18
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE & MOVE 60m	8:30a - ENERGY 10:00a - YIN 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - CHAIR	8:30a - POWER 10:00a - WARM YOGA (6max)	9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE
19	20	21	22	23	24	25
3:00p - KRAFT WITH KAYLA 60m	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE & MOVE 60m	8:30a - ENERGY 10:00a - YIN		8:30a - POWER 10:00a - WARM YOGA (6max) 6:30p - PAINT IN THE PINES!* 120m	9:00a - ALL LEVELS YOGA 10:30a - FAMILY FUN EVENT! 90m 6:30p-FULLMOON CEREMONY 90m
26	27	28	29	30		
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE & MOVE 60m		'THE GRINCH' → This Month's Paint In The Pines!		