

# JOY Wellness Events Calendar

501 W Frontier St.  
Payson Arizona  
928-476-0828

# April 2026

**Facilitators:**

William - @willin\_az  
Jessica - @soundsofthesoulhealingarts  
Jenna - @the\_connection\_coach  
Victoria - 928-978-1234  
Lisa - @violetintention  
Gail - as Mother Mallard  
RISE Cyle & Strength - @risecyclestrength  
Marga - hisbest4health@earthlink.net  
\*Yoga In The Pines (included in class passes or \$17 drop in)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>- Register for these events through the event host. Visit <a href="http://www.yogainthepines.com">www.yogainthepines.com</a> to find registration links for each event. - Prices Vary - Must register prior to start of event - Space is limited, registration will close as events fill up</p>			<p><b>RISE</b> 1 CYLCLE &amp; STRENGTH <b>OFFICIALLY OPEN!!!</b> For calendar see <a href="http://risecyclestrength.com">risecyclestrength.com</a></p>	2	3 11:00a-1:00p REIKI - By appointment only	4 2:00-3:30p MARGA'S MEAL MAKNG EVENT
5 MASSAGE/ BODY WORK - By appointment only	6 2:00-4:00p REIKI - By appointment only	7 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only	8	9 6:00p - YOGA NIDRA NIGHT	10	11 2:30-3:30p PAINT WITH PUPPIES 3:30-4:00p OPEN HOUSE VISIT PUPPIES AND DONATE (humane society collaboration)
12 MASSAGE/ BODY WORK - By appointment only	13 2:00-4:00p REIKI - By appointment only	14 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only	15	16	17 11:00a-1:00p REIKI - By appointment only	
19 MASSAGE/ BODY WORK - By appointment only	20 2:00-4:00p REIKI - By appointment only	21	22	23	24 11:00a-1:00p REIKI - By appointment only	25
26 MASSAGE/ BODY WORK - By appointment only	27 2:00-4:00p REIKI - By appointment only	28 5:30p - YOGA NIDRA NIGHT			MAY 1 6:00-8:00p PAINT IN THE PINES	2 10:30-11:30a FREE KIDS EVENT- M Mallard