



Yoga In The Pines

501 W. Frontier St.
Payson Arizona
928-476-0828
www.YogaInThePines.com

2026

Instructors:

Megan - @meganerbeyoga
Jessica - soundsofthesoulhealingarts
Lisa - @2mcnabs
Brenda
Sarah
Tina
Taylor @summit.breathwork
Amitayus
Diane

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING \$17 - Single Drop-In Class \$14 - Senior Discount Drop-In \$60 - 4 Class Package Chair & QiGong - Donation *Heart of AZ \$108 - Unlimited 30 day Pass \$75 - Unlimited Zoom 30 day - All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes - ZUMBA \$10 (60minutes) - MOBILITY FITNESS \$10 (30minutes) - SUMMER SPECIAL - Yoga in the Park 60min All Levels Yoga **All Special Events/ Workshops NOT INCLUDED IN CLASS PASS			7:30a MORNING 1 BREATHWORK 9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	8:30a MOBILITY 2 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 4 THE PARK (60m)
10:00a ENERGY FLOW YOGA	7:30a YIN YOGA 6 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 5:30p GENTLE AND YIN YOGA	9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA 8 (60min) 9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B	8:15a ENERGY 10 FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 11 THE PARK (60m) 10:00a SLOW FLOW WITH YIN
	7:30a YIN YOGA 13 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 5:30p GENTLE AND YIN YOGA	9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a MORNING 15 BREATHWORK 9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	8:30a MOBILITY 16 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 17 FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 18 THE PARK (60m) 10:00a SLOW FLOW WITH YIN
10:00a ENERGY FLOW YOGA	9:30a ESSENTIAL BASICS YOGA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 21 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA 22 (60min) 9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	8:30a MOBILITY 23 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 24 FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 25 THE PARK (60m) 10:00a SLOW FLOW WITH YIN
10:00a ENERGY FLOW YOGA	7:30a YIN YOGA 27 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 28 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA 29 (60min) 9:30a INTRO TO FLOW YOGA **5:30p JULY FULL MOON MINI RETREAT!!	8:30a MOBILITY 30 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 31 FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	ALL CLASSES ARE INCLUDED IN UNLIMITED CLASS PASSES - Best Deal for your Dollar \$108