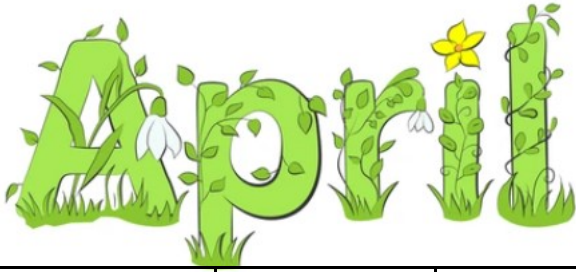



Yoga In The Pines

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Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
Jessica - soundsofthesoulhealingarts.com
Lisa - @2mcnabs
Tracy @tracygwengonzo
Brenda
William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 This month Paint 'Sunflower'		9:00a GENTLE 1 YOGA 10:30a CHAIR S+B 5:30p RESTORA- TIVE YIN YOGA	2 5:30p WARM IR ALL LEVELS YOGA	9:00a GENTLE 3 YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	4 10:30a WARM IR ENERGY FLOW YOGA	5 10:30a SLOW FLOW INTO YIN YOGA
	6 10:30a WARM IR ENERGY FLOW YOGA 5:30p GENTLE YOGA	7 5:30p GENTLE YOGA	9:00a GENTLE 8 YOGA 10:30a CHAIR S+B 5:30p RESTORA- TIVE YIN YOGA	9 5:30p WARM IR ALL LEVELS YOGA	9:00a GENTLE 10 YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	11 10:30a WARM IR ENERGY FLOW YOGA
13 10:30a WARM IR ENERGY FLOW YOGA	14 5:30p GENTLE YOGA	9:00a GENTLE 15 YOGA 10:30a CHAIR S+B 5:30p RESTORA- TIVE YIN YOGA	16 5:30p WARM IR ALL LEVELS YOGA	9:00a GENTLE 17 YOGA 10:30a CHAIR S+B 5:30-7:00P CHA- RA BALNCE WKSP SOLAR PLEXUS	18 10:30a WARM IR ENERGY FLOW YOGA	19 10:30a SLOW FLOW INTO YIN YOGA
20 10:30a WARM IR ENERGY FLOW YOGA	21 5:30p GENTLE YOGA	9:00a GENTLE 22 YOGA 10:30a CHAIR S+B 5:30p RESTORA- TIVE YIN YOGA	23 5:30p WARM IR ALL LEVELS YOGA	9:00a GENTLE 24 YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	25 10:30a WARM IR ENERGY FLOW YOGA 6:00-8:00p PAINT IN THE PINES	9:00a ALL LEVELS YOGA 10:30a FREE KIDS EVENT
27 10:30a WARM IR ENERGY FLOW YOGA	28 5:30p GENTLE YOGA	9:00a GENTLE 29 YOGA 10:30a CHAIR S+B 5:30p RESTORA- TIVE YIN YOGA	30 5:30p YOGA NIDRA	<u>PRICING</u> \$17 - Single Drop-In Class \$14 - Senior Discount Drop-In \$60 - 4 Class Package \$5 - Chair Class Discount \$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 - WARM CLASSES = Main space, 80 degrees, Infrared Therapy - Please Register for Events, Workshops, Paint In The Pines		