

Yoga In The Pines

1100 N Beeline Hwy Ste. K

Payson Arizona

928-476-0828

www.YogaInThePines.com

January

2025

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga

Jessica - soundsofthesoulhealingarts.com

Lisa - @2mcnabs

Abhaya

Tina

William - @willin_az

Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING \$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, Original Hot Yoga			1 	2 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	3 10:30a WARM IR FLOW YOGA 1:00p ALL LEVELS YOGA	4 9:00a ALL LEVELS YOGA 10:30a WARM IR FLOW INTO YIN YOGA
5	6	7 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	8	9 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	10	11 9:00a ALL LEVELS YOGA 10:30a WARM IR FLOW INTO YIN YOGA
12	13	14 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	15	16 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30-7p CHAKRA YOGA & SOUND	17	18 10:30a WARM IR FLOW INTO YIN YOGA
This month's painting 'Payson Winter Cowboy' 	20	21 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	22	23 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	24	25 9:00a ALL LEVELS YOGA 10:30a FREE KIDS EVENT 6:00-8:00p PAINT IN THE PINES
26	27	28 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	29	30 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p TIBETAN BOWL SOUND HEALING	31	