

JOY Wellness Events Calendar



501 W Frontier St.

Payson Arizona

928-476-0828

www.PaysonWellness.com

2026

Facilitators:

Jessica - @soundsof thesoulhealingarts

William - @willin_az

Jenna - @the_connection_coach

Cat - @practitionerat

Victoria - 928-978-1234

Lisa - @violetintention

Gail - as Mother Mallard

*Yoga In The Pines (included in class passes or \$17 drop in)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 MASSAGE/ BODY WORK - By ap- pointment only	2 2:00-4:00p REIKI - By appointment only	3	4	5	6 11:00a-1:00p REIKI - By appoint- ment only	7 1:00p PELVIC FLOOR EMPOW- ERMENT YOGA
8 MASSAGE/ BODY WORK - By ap- pointment only	9 2:00-4:00p REIKI - By appointment only	10	11	12	13 11:00a-1:00p REIKI - By appoint- ment only	14 11:00a VALEN- TINES DAY YOGA
15 2:00-4:00p SA- CRED CACAO CEREMONY MASSAGE/ BODY WORK - By ap-	16 2:00-4:00p REIKI - By appointment only	17	18	19	20 11:00a-1:00p REIKI - By appoint- ment only 5:30-7:30p HEARTH KEEPER WOMESNS CIRCLE	21
22 2:00-3:15p FREE! CELEBRATE YOU SOUND JOURNEY MASSAGE/ BODY WORK - By ap- pointment only	23 2:00-4:00p REIKI - By appointment only	24 	25	26	27 11:00a-1:00p REIKI - By appoint- ment only 6:00-8:00p PAINT IN THE PINES	28 10:30-11:30a FREE KIDS EVENT- M Mallard 1200-200p COU- PLES MASSAGE WKSP 2:15-3:15p FIRE CIDER MAKE AND TAKE
	Paint In The Pines 'Winter Fox' →					<ul style="list-style-type: none"> - Register for these events through the event host. Visit www.yogainthepines.com 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