

Yoga In The Pines

1100 N Beeline Hwy Ste. K

Payson Arizona

928-476-0828

2025



Instructors:

Megan - @meganerbeyoga/meganerbe.yoga

Jessica - soundsofthesoulhealingarts.com

Lisa - @2mcnabs

Tracy @tracygwengonzo

Tina

Brenda

Kayla

William - @willin_az

Gail - as Mother Mallard

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|--|
| PRICING \$17 - Drop-In Class \$14 - Senior Drop-In \$60 - 4 Class Pack \$108 - 30 day Pass \$5 - Chair Class \$75 - Zoom 30 day - Studio classes are 75min, Walk-ins welcome - Register for Events, Workshops, Paint Class & SUP - All SUP classes held at Willow Springs Lake | | 9:00a GENTLE 1 YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA | 9:00a GENTLE 2 WITH YIN YOGA 5:30p 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 | 7 10:00a SUP YOGA 11:30a SUP ADVENTURE 5:30p GENTLE YOGA | 8 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA | 9 9:00a GENTLE WITH YIN YOGA 5:30p ALL LEVELS YOGA | 10 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING | 11 10:30a WARM IR ENERGY FLOW YOGA | 12 10:30a SLOW FLOW INTO YIN YOGA |
| 13 10:30a WARM IR ENERGY FLOW YOGA | 14 5:30p GENTLE YOGA | 15 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA | 16 9:00a GENTLE WITH YIN YOGA 5:30p ALL LEVELS YOGA | 17 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30-7:00p CHAIR BALNCE WKSP Third Eye | 18 10:30a WARM IR ENERGY FLOW YOGA 6:00-7:30p TAROT CLUB | 19 10:00a SUP YOGA 10:30a SLOW FLOW INTO YIN YOGA 11:30a SUP ADVENTURE |
| 20 10:30a WARM IR ENERGY FLOW YOGA | 21 5:30p GENTLE YOGA | 22 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA | 23 9:00a GENTLE WITH YIN YOGA 5:30p ALL LEVELS YOGA | 24 9:00a GENTLE 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 | 26 10:30a SLOW FLOW INTO YIN YOGA 10:30a FREE KIDS EVENT AT GVP 1:00-6:00p REIKI 1 COURSE |
| 27 10:00a SUP YOGA 10:30a WARM IR ENERGY FLOW YOGA 11:30a SUP ADVENTURE | 28 5:30p GENTLE YOGA | 29 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA | 30 9:00a GENTLE WITH YIN YOGA 5:30p YOGA NIDRA | 31 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING | This month Paint Class 'Beach'  | |