

Yoga In The Pines

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2026

Instructors:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*** ALL CLASSES ARE INCLUDED IN UNLIMITED CLASS PASSES - Best Deal for Your Dollar \$108	7:30a YIN YOGA 1 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 2 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA 3 (60min) 9:30a INTRO TO FLOW YOGA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 4 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 5 FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 6 THE PARK (60m) 10:00a SLOW FLOW WITH YIN YOGA
11:00a ENERGY FLOW YOGA 4:30p SOMASYNC SOUND HEALING	7:30a YIN YOGA 8 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 9 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA 10 (60min) 9:30a INTRO TO FLOW YOGA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 11 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 12 FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 13 THE PARK (60m) 10:00a SLOW FLOW WITH YIN YOGA
11:00a ENERGY FLOW YOGA 4:30p SOMASYNC SOUND HEALING	7:30a YIN YOGA 15 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 16 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA 17 (60min) 9:30a INTRO TO FLOW YOGA *12:00p SUP YO-GA ADVENTURE 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 18 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 19 FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 20 THE PARK (60m) 10:00a SLOW FLOW WITH YIN YOGA
11:00a ENERGY FLOW YOGA *4:30-6:00p MIDSUMMER SOLSTICE & SACRED REST	7:30a YIN YOGA 22 (60min) 9:30a ESSENTIAL BASICS YOGA *1:00p SUP YOGA 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 23 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	9:30a INTRO TO FLOW YOGA 5:30p ALL LEVELS YOGA	8:30a MOBILITY 25 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK	8:15a ENERGY 26 FLOW (60min) 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN 27 THE PARK (60m) 10:00a SLOW FLOW WITH YIN YOGA *6:00-9:30p FULL MOON MNI RE-TREAT
11:00a ENERGY FLOW YOGA	7:30a YIN YOGA 29 (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY 30 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	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 SPEICAL - Yoga in the Park 60min All Levels Yoga **All Special Events/ Workshops see JOY EVENTS CALENDAR			*MINI RETREAT / SUP CLASSES / SOLSTICE ARE NOT NCLUDED IN UNLIMITED CLASS PASS. PLEASE REGISTER ONLINE* yogainthepines.com/sup-classes