

# Yoga In The Pines

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Payson Arizona

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# MARCH

# 2025

## Instructors:

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Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PRICING</b> \$17 - Single Drop-In Class    \$14 - Senior Discount Drop-In \$60 - 4 Class Package        \$5 - Chair Class Special \$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			This month's painting 'Playful Dragonfly'  	9:00a ALL LEVELS <sup>1</sup> YOGA 10:30a WARM IR FLOW INTO YIN YOGA		
2  10:30a ENERGY FLOW YOGA	3  5:30p GENTLE YOGA	4 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p RESTORA- TIVE YIN YOGA	5  5:30p WARM IR ALL LEVELS YOGA	6 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p DEEP SOUND HEALING	7  10:30a WARM IR ENERGY FLOW YOGA	8  10:30a WARM IR FLOW INTO YIN YOGA
9  10:30a ENERGY FLOW YOGA	10 3:00-5p ENERGY TUNE UPS 5:30p GENTLE YOGA	11 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p RESTORA- TIVE YIN YOGA	12  5:30p WARM IR ALL LEVELS YOGA	13 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p DEEP SOUND HEALING	14  10:30p WARM IR STRETCH & SOUND BATH	15  10:30a WARM IR FLOW INTO YIN YOGA
16  10:30a ENERGY FLOW YOGA	17  5:30p GENTLE YOGA	18 9:00a GENTLE YOGA  5:30p RESTORA- TIVE YIN YOGA	19  5:30p WARM IR ALL LEVELS YOGA	20 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p CHAKRA BALANCE WKSP SACRAL	21  10:30a WARM IR ENERGY FLOW YOGA	22 9:00a ALL LEVELS YOGA 10:30a FREE KIDS EVENT
23 10:30a ENERGY FLOW YOGA  30 10:30a ENERGY FLOW YOGA	24 5:30p GENTLE YOGA  31 5:30p GENTLE YOGA	25 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p NEUROSCI- ENCE OF MIND- FULNESS WKSP	26  5:30p YOGA NIDRA	27 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p DEEP SOUND HEALING	28  10:30a WARM IR ENERGY FLOW YOGA  6:00-8:00p PAINT IN THE PINES	29 9:00a ALL LEVELS YOGA 10:30a WARM IR FLOW INTO YIN YOGA  5:30-7:00p IR HEAT & SOUND