



Yoga In The Pines

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 Payson Arizona
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2026

Instructors:

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 Diane

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PRICING</p> <p>\$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</p> <p>- All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes - ZUMBA \$10 (60minutes) - MOBILITY FITNESS \$10 (30minutes) - APRIL SPECIAL! <i>Intro to Breathwork</i> only \$10 drop in (60min) **All Special Events/ Workshops see JOY EVENTS CALENDAR</p>			<p>7:30a YIN YOGA 1 (60min) 9:30a INTRO TO FLOW YOGA 5:30p ALL LEVELS YOGA</p>	<p>8:30a MOBILITY 2 FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK</p>	<p>3</p> <p>9:30a ZUMBA 11:00a GENTLE AND YIN YOGA</p>	<p>4</p> <p>10:00a SLOW FLOW WITH YIN</p>
<p>5</p> <p>11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA</p>	<p>6</p> <p>7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA</p>	<p>7</p> <p>8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING</p>	<p>8</p> <p>7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 4:30p ZUMBA 5:30p ALL LEVELS YOGA</p>	<p>9</p> <p>8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p YOGA NIDRA NIGHT</p>	<p>10</p> <p>11:00a GENTLE AND YIN YOGA</p>	<p>11</p> <p>10:00a SLOW FLOW WITH YIN</p>
<p>12</p> <p>11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA</p>	<p>13</p> <p>7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 5:30p GENTLE AND YIN YOGA</p>	<p>14</p> <p>8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING</p>	<p>15</p> <p>7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p ALL LEVELS YOGA</p>	<p>16</p> <p>8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK</p>	<p>17</p> <p>9:30a ZUMBA 11:00a GENTLE AND YIN YOGA</p>	<p>18</p> <p>10:00a SLOW FLOW WITH YIN</p>
<p>19</p> <p>11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA</p>	<p>20</p> <p>11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA</p>	<p>21</p> <p>9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B</p>	<p>22</p> <p>9:30a INTRO TO FLOW YOGA 4:30p ZUMBA 5:30p ALL LEVELS YOGA</p>	<p>23</p> <p>9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK</p>	<p>24</p> <p>9:30a ZUMBA 11:00a GENTLE AND YIN YOGA</p>	<p>25</p> <p>10:00a SLOW FLOW WITH YIN</p>
<p>26</p> <p>11:00a ENERGY FLOW YOGA 4:30p CANDLELIT RESTORATIVE YOGA</p>	<p>27</p> <p>7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 11:15a QiGONG 4:30p ZUMBA 5:30p GENTLE AND YIN YOGA</p>	<p>28</p> <p>8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p YOGA NIDRA NIGHT</p>	<p>29</p> <p>7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p ALL LEVELS YOGA</p>	<p>30</p> <p>8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p INTRO TO BREATHWORK</p>	<p>*** ALL CLASSES ARE INCLUDED IN UNLIMITED CLASS PASSES - Best Deal for your Dollar \$108</p>	