

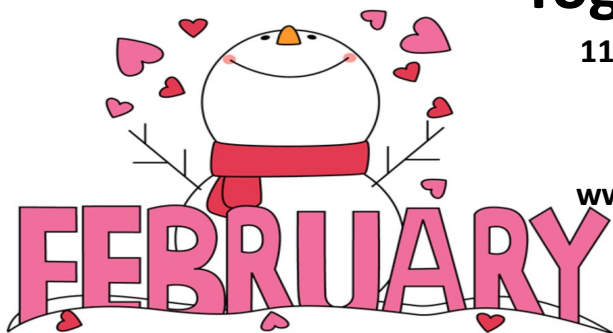
# Yoga In The Pines

1100 N Beeline Hwy Ste. K

Payson Arizona

928-476-0828

www.YogaInThePines.com



# 2025

## Instructors:

Megan - @meganerbeyoga/meganerbe.yoga

Jessica - soundsofthesoulhealingarts.com

Lisa - @2mcnabs

Tracy - @tracygwengonzo

Tina

William - @willin\_az

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 'Space Ek' 			1  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 FLOW YOGA 1:00p ALL LEVELS YOGA	8 9:00a ALL LEVELS YOGA 10:30a WARM IR FLOW INTO YIN YOGA
9  10:30a ENERGY FLOW YOGA	10  5:30p GENTLE YOGA	11 9:00a GENTLE YOGA 10:30a CHAIR S+B 3:00-5p ENERGY TUNE UPS 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  10:30a WARM IR FLOW YOGA 1:00p ALL LEVELS YOGA	15 9:00a ALL LEVELS YOGA 10:30a WARM IR FLOW INTO YIN YOGA 5:30p GRATITUDE MEDITATION Donation Based
16  10:30a ENERGY FLOW YOGA	17  5:30p GENTLE YOGA	18 9:00a GENTLE YOGA 10:30a CHAIR S+B  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 ROOT	21  10:30a WARM IR FLOW YOGA 1:00p ALL LEVELS YOGA	22 9:00a ALL LEVELS YOGA 10:30a FREE KIDS EVENT
23  10:30a ENERGY FLOW YOGA	24  5:30p GENTLE YOGA	25 9:00a GENTLE YOGA 10:30a CHAIR S+B  5:30p RESTORA- TIVE YIN YOGA	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 FLOW YOGA 1:00p ALL LEVELS YOGA 6:00-8:00p PAINT IN THE PINES	