



Yoga In The Pines

1100 N Beeline Hwy Ste. K
 Payson Arizona
 928-476-0828
 www.YogaInThePines.com

Instructors:
Megan - @meganerbeyoga/meganerbe.yoga
Jessica - soundsofthesoulhealingarts.com
Lisa - @2mcnabs
Abhaya
Tina T.
William - @willin_az
Gail - as Mother Mallard
Kraft with Kayla

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PRICING: \$16 - Single Drop-In Class \$13 - Senior Discount Drop-In \$55 - 4 Class Pass (valid 60d) \$5 - Chair Class Discount \$108 - Unlimited Pass (30d) \$75 - Unlimited Zoom Access</p> <p>- All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes!! *Must Register for Events, Workshops, Heated Yoga (6 spots) to save your spot. Walk-ins are welcome as space is available Register at www.YogaInThePines.com</p>				1	2	3
				9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	9:00a - POWER 10:30a - REST/YIN
4	5	6	7	8	9	10
 10:00a- 2:00p	8:30a - GENTLE FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	8:30a - GENTLE FLOW WITH YIN 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	9:00a - DANCE FITNESS (60m) 10:30a - SOUND MEDITATION
11	12	13	14	15	16	17
	8:30a - GENTLE FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	8:30a - GENTLE FLOW WITH YIN 4:00p - YOGA ALL LEVELS 6:00p - REST/YIN	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free 6:00p- CHAKRA SERIES root	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	9:00a - DANCE FITNESS (60m) 10:30a - Student Practicum -free 2:00p - KRAFT WITH KAYLA
18	19	20	21	22	23	24
	8:30a - GENTLE FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	8:30a - GENTLE FLOW WITH YIN 4:00p - GENTLE 6:00p - ENERGY	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m) 6:00p - PAINT IN THE PINES 120m	9:00a - POWER 10:30a - FAMILY FUN EVENT 90m
25	26	27	28	29	This Month's Paint In The Pines! → 'The Seasons'	
	8:30a - GENTLE FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	8:30a - GENTLE FLOW WITH YIN 4:00p - YOGA ALL LEVELS 6:00p - GRATITUDE MEDITATION	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free		