Yoga In The Pines						
	1100 N Pa 92	1100 N Beeline Hwy Ste. K Payson Arizona 928-476-0828		Instructors: Megan - @meganerbeyoga/meganerbe.yoga Jessica - soundsofthesoulhealingarts.com Lisa - @2mcnabs		
			ogaInThePines.		Abhaya Tina T.	
FEBRUARY 2024				William - @willin_az Gail - as Mother Mallard Kraft with Kayla		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>PRICING:</u> \$16 - Single Drop-In Class \$13 - Senior Discount Drop-In				1	2	3
\$55 - 4 Class Pass (valid 60d) \$5 - Chair Class Discount \$108 - Unlimited Pass (30d) \$75 - Unlimited Zoom Access				9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-HEATED*	9:00a - POWER 10:30a - REST/YIN
- All studio classes are 75 minutes unless otherwise stated.					26+2 (90m)	
	 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				Practicum -free		
Regi	ster at www.Yogal	nThePines.com 6	7	8	9	10
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	8:30a - GENTLE FLOW WITH YIN	9:00a - GENTLE 10:30a - CHAIR	8:30a - GENTLE FLOW WITH YIN	9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-HEATED*	9:00a - DANCE FITNESS (60m)
OPENI		10.30a - CHAIN		10.50a- CHAIN	26+2 (90m)	10:30a - SOUND
HOUSE	4:00p - HEATED*			2:00p - Student		MEDITATION
10:00a- 2:00p	26+2 (90m)		4:00p - GENTLE	Practicum -free		
10.008- 2.000	6:00p - SOUND	6:00p - DANCE	6:00p - ENERGY			
	MEDITATION	FITNESS (60m)				
11	12	13	14	15	16	17
	8:30a - GENTLE	9:00a - GENTLE	8:30a - GENTLE	9:00a - GENTLE	8:30a - ENERGY	9:00a - DANCE
	FLOW WITH YIN	10:30a - CHAIR	FLOW WITH YIN	10:30a- CHAIR	10:00a-HEATED*	FITNESS (60m)
	4:00p - HEATED*			2:00p - Student	26+2 (90m)	10:30a - Student Practicum -free
	26+2 (90m)		4:00p - YOGA	Practicum -free		
	6:00p - SOUND	6:00p - DANCE	ALL LEVELS	6:00p- CHAKRA		2:00p - KRAFT
	MEDITATION	FITNESS (60m)	6:00p - REST/YIN	SERIES root		WITH KAYLA
18	19	20	21	22	23	24
						24
	8:30a - GENTLE	9:00a - GENTLE	8:30a - GENTLE	9:00a - GENTLE	8:30a - ENERGY	9:00a - POWER
	8:30a - GENTLE FLOW WITH YIN	9:00a - GENTLE 10:30a - CHAIR	8:30a - GENTLE FLOW WITH YIN		8:30a - ENERGY 10:00a-HEATED*	9:00a - POWER <mark>10:30a - FAMILY</mark>
	FLOW WITH YIN			9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	9:00a - POWER 10:30a - FAMILY FUN EVENT
	FLOW WITH YIN 4:00p - HEATED*		FLOW WITH YIN	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	9:00a - POWER <mark>10:30a - FAMILY</mark>
	FLOW WITH YIN 4:00p - HEATED* 26+2 (90m)	10:30a - CHAIR	FLOW WITH YIN 4:00p - GENTLE	9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m) 6:00p - PAINT IN	9:00a - POWER 10:30a - FAMILY FUN EVENT
	FLOW WITH YIN 4:00p - HEATED*		FLOW WITH YIN	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m)	9:00a - POWER 10:30a - FAMILY FUN EVENT
25	FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	10:30a - CHAIR 6:00p - DANCE	FLOW WITH YIN 4:00p - GENTLE	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m) 6:00p - PAINT IN THE PINES 120m	9:00a - POWER 10:30a - FAMILY FUN EVENT
25	FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION	10:30a - CHAIR 6:00p - DANCE FITNESS (60m)	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
25	FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 26	10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 27	FLOW WITH YIN 4:00p - GENTLE 6:00p - ENERGY 28	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free 29	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m) 6:00p - PAINT IN THE PINES 120m	9:00a - POWER 10:30a - FAMILY FUN EVENT
25	FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 26 8:30a - GENTLE FLOW WITH YIN	10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 27 9:00a - GENTLE	FLOW WITH YIN 4:00p - GENTLE 6:00p - ENERGY 28 8:30a - GENTLE FLOW WITH YIN 4:00p - YOGA	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free 29 9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m) 6:00p - PAINT IN THE PINES 120m This Month's	9:00a - POWER 10:30a - FAMILY FUN EVENT
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25	FLOW WITH YIN 4:00p - HEATED* 26+2 (90m) 6:00p - SOUND MEDITATION 26 8:30a - GENTLE FLOW WITH YIN 4:00p - HEATED* 26+2 (90m)	10:30a - CHAIR 6:00p - DANCE FITNESS (60m) 27 9:00a - GENTLE 10:30a - CHAIR	FLOW WITH YIN 4:00p - GENTLE 6:00p - ENERGY 28 8:30a - GENTLE FLOW WITH YIN 4:00p - YOGA ALL LEVELS 6:00p - GRATI-	9:00a - GENTLE 10:30a- CHAIR 2:00p - Student Practicum -free 29 9:00a - GENTLE 10:30a- CHAIR	8:30a - ENERGY 10:00a-HEATED* 26+2 (90m) 6:00p - PAINT IN THE PINES 120m This Month's Paint In The	9:00a - POWER 10:30a - FAMILY FUN EVENT
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