

Yoga In The Pines

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Instructors:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Happy New Year's Day!!	2 *welcome back DONATION class! 6:00p GENTLE	3 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	4 8:30a - ENERGY 10:00a - YIN 6:00p - TAI CHI	5 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	6 8:30a - POWER 10:00 - YIN	7 9:00a - POWER 10:30a - GENTLE	
8	9 10:00a- QIGONG 6:00p - SOUNDS for the SOUL	10 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	11 8:30a - ENERGY 10:00a - YIN 6:00p - TAI CHI	12 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	13 8:30a - POWER 10:00 - YIN	14 9:00a - POWER 10:30a - GENTLE	
15 10:00 - HEATED 26+2 YOGA** (90MIN) 2:00 - VISION BOARD WKSP! ** (90MIN)	16 10:00a- QIGONG 6:00p - SOUNDS for the SOUL	17 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	18 8:30a - ENERGY 10:00a - YIN 6:00p - TAI CHI	19 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	20 8:30a - POWER 10:00 - YIN	21 7:00p - NEW MOON TEA CEREMONY!** (90MIN)	
22 10:00 - HEATED 26+2 YOGA ** (90MIN)	23 10:00a- QIGONG 6:00p - SOUNDS for the SOUL	24 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	25 8:30a - ENERGY 10:00a - YIN 6:00p - GENTLE	26 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	27 8:30a - POWER 10:00 - YIN 6:30p - PAINT IN THE PINES! ** (120MIN)	28 9:00a - POWER 10:30a - FAMILY FUN EVENT! (90MIN)	
29 GRAND REOPENING 10:00a-2:00p Raffle Winners will be drawn	30 10:00a- QIGONG *DONATION* 6:00p - GENTLE	31 9:00a - GENTLE 10:30a - ^CHAIR 6:00p - ENERGY	PRICES: Single Class - \$15 4 Class Pass (30 day) - \$50 Unlimited Pass (30 day) - \$100 Senior Discount (65+) - \$12 ^ Chair Class Discount - \$5 Events and WKSPs Vary All studio classes are 75 minutes unless otherwise stated. **Events, Workshops and Heated Classes require registration. Register online or at the studio** (excludes family fun)			This Month's Paint In The Pines →	

