

Yoga In The Pines

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JULY 2024

Instructors:

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Staff

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	2 9:00a - GENTLE 10:30a - CHAIR 530p - GENTLE STRETCH	3 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - ENERGY	4 9:00a - GENTLE 	5 	6
7 ↑ This Month's Paint In 'Beach Snowman'	8 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	9 9:00a - GENTLE 10:30a - CHAIR 530p - DANCE FITNESS	10 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - REST/YIN	11 9:00a - GENTLE 10:30a - CHAIR 12:30a - ENER- GY TUNE UPS 30min 5:30pp - TEN- SION RELIEF	12 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - COMMUN- NITY CLASS free	13 *9:00a - SUN & SOUND MED *AT LODGE AT 5600** 10:30a - FLOW INTO YIN
14 12:00p - SUP ADVENTURE	15 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	16 9:00a - GENTLE 10:30a - CHAIR 530p - GENTLE STRETCH	17 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - ENERGY	18 9:00a - GENTLE 10:30a - CHAIR 6:00p - CHAKRA SERIES -3rd Eye	19 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - COMMUN- NITY CLASS free	20 10:30a - GENTLE STRETCH 12:00p SUP YOGA
21 *9:00 - YOGA ALL LEVELS **AT LODGE AT 5600*	22 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	23 9:00a - GENTLE 10:30a - CHAIR 530p - DANCE FITNESS	24 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - REST/YIN	25 9:00a - GENTLE 10:30a - CHAIR 5:30pp - TEN- SION RELIEF	26 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - COMMUN- NITY CLASS free 6:00p - PAINT IN THE PINES 120m	27 *9:00a - SUN & SOUND MED *AT LODGE AT 5600** 10:30a - FLOW INTO YIN 10:30a - FREE FIELD DAYS GVP
28 	29 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION	30 9:00a - GENTLE 10:30a - CHAIR 3:00p - ENERGY TUNE UPS 30min 530p - GENTLE STRETCH	31 8:30a - FLOW INTO YIN 12:00p - SUP YOGA 4:00p - YOGA ALL LEVELS 5:30p - ENERGY	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 - All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes!! Must Register Events, Workshops, Heated Yoga(6max) & SUP Walk-ins are welcome as space is available. ALL SUP CLASSES at Willow Springs Lake **Denotes classes held at Lodge at 5600 in Pine AZ**		