

Yoga In The Pines

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

June 2024

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
 Jessica - soundsofthesoulhealingarts.com
 Lisa - @2mcnabs
 Tina T.
 Brenda S.
 William - @willin_az
 Gail - as Mother Mallard
 Staff

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 - 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**</p>									<p>This Month's Paint In The Pins ← 'Freedom Lake'</p>		<p>1 *9:00a - SUN & SOUND MED *AT LODGE AT 5600* 10:30a - FLOW INTO YIN 12:00p - SUP YOGA</p>
<p>2 6:00p - 8:00p KAYLA'S TAROT WORKSHOP 1 (Register with Kayla) PART 2 June 30th</p>	<p>3 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION</p>	<p>4 7:00a - ENERGY 9:00a - GENTLE 10:30a - CHAIR 530p - DANCE FITNESS</p>	<p>5 8:30a - GENTLE STRETCH 10:30a - ENERGY TUNE UPS 30min 4:00p - YOGA ALL LEVELS 5:30p - ENERGY</p>	<p>6 9:00a - GENTLE 10:30a - CHAIR 5:30pp - TEN- SION RELIEF</p>	<p>7 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - COM- MUNNITY CLASS free</p>	<p>8 10:30a - GENTLE STRETCH 12:00p - SUP YOGA</p>					
<p>9 *9:00 - YOGA ALL LEVELS **AT LODGE AT 5600*</p>	<p>10 8:30a - GENTLE STRETCH 5:30p - SOUNDS MEDITATION</p>	<p>11 7:00a - ENERGY 9:00a - GENTLE 10:30a - CHAIR 530p - DANCE FITNESS</p>	<p>12 8:30a - GENTLE STRETCH 4:00p - YOGA ALL LEVELS 5:30p - REST/YIN</p>	<p>13 9:00a - GENTLE 10:30a - CHAIR 5:30p - TEN- SION RELIEF</p>	<p>14 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - COM- MUNNITY CLASS free</p>	<p>15 *9:00a - SUN & SOUND MED *AT LODGE AT 5600** 10:30a - GENTLE STRETCH</p>					
<p>16 12:00p - SUP ADVENTURE</p>	<p>17 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION</p>	<p>18 7:00a - ENERGY 3:00p - ENERGY TUNE UPS 30min 530p - DANCE FITNESS</p>	<p>19 8:30a - FLOW INTO YIN</p>	<p>20 8:30a - GENTLE STRETCH 6:00p - CHAKRA SERIES -3rd Eye</p>	<p>21 1:00p - COM- MUNNITY CLASS free 6:00p - PAINT IN THE PINES 120m</p>	<p>22 10:30a - FLOW INTO YIN 10:30a - FREE FIELD DAYS at GVP</p>					
<p>23 ----- 30 *9:00 - YOGA ALL LEVELS **AT LODGE AT 5600*</p>	<p>24 8:30a - FLOW INTO YIN 5:30p - SOUNDS MEDITATION</p>	<p>25 7:00a - ENERGY 9:00a - GENTLE 10:30a - CHAIR 530p - DANCE FITNESS</p>	<p>26 8:30a - FLOW INTO YIN 4:00p - YOGA ALL LEVELS 5:30p - REST/YIN</p>	<p>27 9:00a - GENTLE 10:30a - CHAIR 6:00p - 8:00p KAYLA'S TAROT WORKSHOP 2 (Register with Kayla)</p>	<p>28 8:30a - ENERGY 10:00a HEATED YOGA ALL LEVEL 1:00p - COM- MUNNITY CLASS free</p>	<p>29 *9:00a - SUN & SOUND MED *AT LODGE AT 5600** 10:30a - FLOW INTO YIN 12:00p - SUP YOGA</p>					