


Yoga In The Pines

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00a- QIGONG 6:00p - SOUND MEDITATION	2 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- MINDFUL MOVEMENT	3 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI	4 9:00a - GENTLE 10:30a- ^CHAIR 7:00p - YOGA NIDRA 60m	5 9:00a - POWER 10:30a - YIN 6:00p - LUNAR ECLIPSE CEREMONY 90m	6 1:00p - YIN YANG WKSP 120m
	'Payson Parks' ↑ This Month's Paint In The Pines!	8 10:00a- QIGONG 6:00p - SOUND MEDITATION	9 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- MINDFUL MOVEMENT	10 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI	11 9:00a - GENTLE 10:30a - ^CHAIR 7:00p - YOGA NIDRA 60m	12 8:30a - POWER 10:00a - YIN
14 HAPPY MOTHER'S DAY!	15 10:00a- QIGONG 6:00p - SOUND MEDITATION	16 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- MINDFUL MOVEMENT	17 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI	18 9:00a - GENTLE 10:30a - ^CHAIR 7:00p - YOGA NIDRA 60m	19 8:30a - POWER 10:00a - YIN 1:00p - 'YOU'-NIQUE PROPS N MODS 90m*	20 9:00a - POWER 11:30 - FLOAT N FLOW SUP 60m* 1:30 - BREEZY BEGINNER SUP 60m *
21 1:00p - UNITY ENERGY WKSP	22 10:00a- QIGONG 6:00p - SOUND MEDITATION	23 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- MINDFUL MOVEMENT	24 8:30a - ENERGY 10:00A - YIN 6:00p - TAI CHI	25 9:00a - GENTLE 10:30a- ^CHAIR 7:00p - YOGA NIDRA 60m	26 8:30a - POWER 10:00a-YIN 6:30p - PAINT IN THE PINES 120M	27 9:00a - POWER 10:30a - FAMILY FUN EVENT 90M
28	29 HAPPY MEMORIAL DAY!!	30 9:00a - GENTLE 10:30a - ^CHAIR 6:00p- MINDFUL MOVEMENT	31 8:30a - ENERGY 10:00A - YIN 1:00p - FLOAT N FLOW SUP 60m* 6:00p - TAI CHI	PRICES: Single Class - \$15 4 Class Pass (30 day) - \$50 ^ Chair Class Discount -\$5 Unlimited Pass (30 day) - \$100 Events and WKSPs Vary Senior Discount (65+) - \$12 -All studio classes are 75 minutes unless otherwise stated. -Register for Events, Workshops and Heated Yoga to save your spot! Register at YogaInThePines.com -Walk-ins are welcome as space is available! - classes with * are registration only events		