Yoga In The Pines
1100 N Beeline Hwy Ste. K
Payson Arizona

928-476-0828 www.YogaInThePines.com

rember 2023

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga

Jessica - soundsofthesoulhealingarts.com

Lisa - @2mcnabs

William - @willin_az

Gail - as Mother Mallard

Kay	yla -	Kraft	with	Kay	la

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING:			1	2	3	4
Single Class - \$15 Senior Discount (65+) - \$12 4 Class Pass (60 day) - \$50 Chair Class Discount -\$5			8:30a - ENERGY	9:00a - GENTLE	8:30a - POWER	9:00a - ALL
Unlimited Pass (30 day) - \$100 Events and WKSPs Vary			10:00a - YIN	10:30a - CHAIR	10:00a - WARM	LEVELS YOGA
-All studio classes are 75 minutes unless otherwise stated.					YOGA (6max)	10:30a - YIN /
-Must Register for Events, Workshops and Warm Yoga					()	RESTORATIVE
to save your spot			6:00p ALL			
-Walk-ins are welcome as space is available! Register at www.YogaInThePines.com			LEVELS YOGA			
5	6	7	8	9	10	11
		9:00a - GENTLE	8:30a - ENERGY	9:00a - GENTLE	8:30a - POWER	9:00a - ALL
		10:30a - CHAIR	10:00a - YIN	10:30a - CHAIR	10:00a - WARM	LEVELS YOGA
3:00p - SENSORY			10.000	10.50a CHAIR	YOGA (6max)	10:30a - YIN /
MEDITATION					TOGA (omax)	RESTORATIVE
WORKSHOP						RESTORATIVE
120m		6:00p - DANCE &	6:00p ALL			
120111		MOVE 60m	LEVELS YOGA			
12	13	14		16	17	18
	13					
		9:00a - GENTLE	8:30a - ENERGY	9:00a - GENTLE	8:30a - POWER	9:00a - ALL
		10:30a - CHAIR	10:00a - YIN	10:30a - CHAIR	10:00a - WARM	LEVELS YOGA
					YOGA (6max)	10:30a - YIN /
						RESTORATIVE
			C-00= All			
	6:00p - SOUND	6:00p - DANCE &	6:00p ALL			
10	MEDITATION	MOVE 60m	LEVELS YOGA			
19	20	21	22	23	24	25
		9:00a - GENTLE	8:30a - ENERGY		8:30a - POWER	9:00a - ALL
		10:30a - CHAIR	10:00a - YIN	O happy	10:00a - WARM	LEVELS YOGA
3:00p - KRAFT				Athan Co a balance	YOGA (6max)	10:30a - FAMILY
WITH KAYLA				wants going		FUN EVENT!
60m				****	6:30p - PAINT IN	90m
	6:00p - SOUND	6:00p - DANCE &			THE PINES!*	6:30p-FULLMOON
	MEDITATION	MOVE 60m			120m	CEREMONY 90m
26	27	28	29	30		
		9:00a - GENTLE			- Le	
		10:30a - CHAIR		'THE GRINCH'		
					2/	30
				This Month's	73	
				Paint In The		
	6:00p - SOUND	6:00p - DANCE &		Paint in The Pines!	4000	
	MEDITATION	MOVE 60m		riiles!		1