



Yoga In The Pines

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 Payson Arizona
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 www.YogaInThePines.com

SEPTEMBER 2023

Instructors:
 Megan - @meganbeyoga/meganeerbe.yoga
 Kelli - @kk_h2os
 Jessica - soundsofthesoulhealingarts.com
 Barbra - @barbra.blithe67
 William - @willin_az
 Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
PRICING: \$15 - Single Class \$50 - 4 Class Pass (60 day) \$100 - Unlimited Pass (30 day) \$12 - Senior Discount (65+) -All studio classes are 75 minutes unless otherwise stated. -Must Register for Events, Workshops and Heated Yoga to save your spot -Walk-ins are welcome as space is available! **= register only classes Register at www.YogaInThePines.com			This Month's Paint In The Pines! →				1 HAPPY	2 LABOR
3 DAY WEEK	4 END!!!!	5 9:00a - GENTLE 10:30a - ^CHAIR	6 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p ALL LEVELS YOGA	7 9:00a - GENTLE 10:30a - ^CHAIR	8 8:30a - POWER 10:00a - WARM YOGA (6max)	9 9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE		
10 3:00p - SOUNDS TECHNIQUES WORKSHOP 120min (6max)	11 6:00p - SOUND MEDITATION	12 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - FLOW INTO YIN YOGA	13 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p ALL LEVELS YOGA	14 9:00a - GENTLE 10:30a - ^CHAIR	15 8:30a - POWER 10:00a - WARM YOGA (6max)	16 9:00a - ALL LEVELS YOGA 11:30 - *FLOAT N FLOW SUP 60m 1:30 - *BREEZY BEGINNER SUP		
17	18 6:00p - SOUND MEDITATION	19 9:00a - GENTLE 10:30a - ^CHAIR	20 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p ALL LEVELS YOGA	21 9:00a - GENTLE 10:30a - ^CHAIR	22 8:30a - POWER 10:00a - WARM YOGA (6max) 6:30p - PAINT IN THE PINES 120min	23 9:00a - ALL LEVELS YOGA 10:30a - FAMILY FUN FIELD DAY 7:00p - FIRE BOWL CEREMONY 90min		
24	25 6:00p - SOUND MEDITATION	26 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - FLOW INTO YIN YOGA	27 8:30a - ENERGY 10:00a - YIN / RESTORATIVE 6:00p ALL LEVELS YOGA	28 9:00a - GENTLE 10:30a - ^CHAIR 7:00p - REST & RESTORE 75min	29 8:30a - POWER 10:00a - WARM YOGA (6max)	30 9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE		