

Yoga In The Pines

1100 N Beeline Hwy Ste. K

Payson Arizona


928-476-0828



2025

Instructors:

Megan - @meganerbeyoga meganerbe.yoga
 Jessica - soundsofthesoulhealingarts.com
 Lisa - @2mcnabs
 Tracy @tracygwengonzo
 Tina
 Amitayus
 William - @willin_az
 Gail - as Mother Mallard
 Kayla

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING \$17 - Single Drop-In Class \$14 - Senior Discount Drop-In \$60 - 4 Class Package \$5 - Chair Class Discount \$108 - Unlimited 30 day Pass \$75 - Unlimited Zoom 30 day - All studio classes are 75 minutes unless otherwise stated. - Walk-ins welcome for regularly scheduled weekly classes - WARM CLASSES = Main space, 80 degrees, Infrared Therapy - Please Register for Events, Workshops, Original Hot Yoga			 <p>This month's Painting 'Willow Springs Sunset'</p>		1	2
					10:30a WARM IR ENERGY FLOW YOGA	10:30a SLOW FLOW INTO YIN YOGA
3	4	5	6	7	8	9
10:30a WARM IR ENERGY FLOW YOGA	5:30p GENTLE/ YIN YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p ENERGY FLOW YOGA	5:30p ALL LEVELS YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	10:30a WARM IR ENERGY FLOW YOGA	10:30a SLOW FLOW INTO YIN YOGA 5:30-9:00p BLUE MOON RETREAT
10	11	12	13	14	15	16
10:30a WARM IR ENERGY FLOW YOGA	5:30p GENTLE/ YIN YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p ENERGY FLOW YOGA	5:30p ALL LEVELS YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	10:30a WARM IR ENERGY FLOW YOGA 6:00-7:30p TAROT CLUB	10:30a SLOW FLOW INTO YIN YOGA
17	18	19	20	21	22	23
10:30a WARM IR ENERGY FLOW YOGA	5:30p GENTLE/ YIN YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p ENERGY FLOW YOGA	10:00a SUP YOGA ALL LEVELS 5:30p ALL LEVELS YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p CHAKRA BALANCE WKSP Crown	10:30a WARM IR ENERGY FLOW YOGA 6:00-8:00p PAINT IN THE PINES	10:30a SLOW FLOW INTO YIN 10:30a FREE KIDS EVENT at GV Park
24	25	26	27	28	29	30
10:30a WARM IR ENERGY FLOW YOGA	5:30p GENTLE/ YIN YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p ENERGY FLOW YOGA	5:30p ALL LEVELS YOGA	9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	10:30a WARM IR ENERGY FLOW YOGA	10:00a SUP YOGA ALL LEVELS 10:30a SLOW FLOW INTO YIN YOGA 11:30a SUP ADVENTURE
31						
10:30a WARM IR ENERGY FLOW YOGA						