



Yoga In The Pines

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Payson Arizona
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www.YogaInThePines.com

2024

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
Jessica - soundsofthesoulhealingarts.com
Lisa - @2mcnabs
Abhaya P.
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William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Please Register (www.YogaInThePines.com) for Events, Work-shops, Heated/Hot Yoga, walk-ins are welcome as space provides.				 Paint In The Pines! ← 'Give Thanks'	1	2
		9:00a - GENTLE 10:30a - CHAIR		9:00a - GENTLE 10:30a - CHAIR	10:00a ORIGI-NAL HOT YOGA 1:00p - ALL LEVELS YOGA	10:30a- GENTLE YOGA
3	4	5	6	7	8	9
	5:30p - GENTLE YOGA	5:30p - REST/YIN YOGA	4:00p - ALL LEVELS YOGA 5:30p - ENERGY	5:30p - SOUND BATH 60min	10:00a ORIGI-NAL HOT YOGA 1:00p - ALL LEVELS YOGA	10:30a - FLOW INTO YIN
10	11	12	13	14	15	16
	5:30p - GENTLE YOGA	9:00a - GENTLE 5:30p - REST/YIN YOGA	5:30p - ALL LEVELS YOGA	9:00a - GENTLE 10:30a- CHAIR	10:00a ORIGI-NAL HOT YOGA 1:00p - ALL LEVELS YOGA	10:30a- GENTLE YOGA 6:00p- SUPER MOON SOUND JOURNEY 90min
17	18	19	20	21	22	23
	5:30p- YOGA NIDRA NIGHT	9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	4:00p - ALL LEVELS YOGA 5:30p - ENERGY	9:00a - GENTLE 10:30a- CHAIR	10:00a HEATED ALL LEVEL YOGA 1:00p - ALL LEVELS YOGA 6:00p - PAINT IN THE PINES 120m	9:00a - ALL LEVELS YOGA 10:30a - FAMILY FUN DAY
24	25	26	27	28	29	30
	5:30p - GENTLE YOGA	9:00a - GENTLE 10:30a - CHAIR 5:30p - REST/YIN YOGA	4:00p - ALL LEVELS YOGA 5:30p - YOGA NIDRA NIGHT			10:30a- GENTLE YOGA