



Yoga In The Pines

501 W. Frontier St.
Payson Arizona
928-476-0828
www.YogaInThePines.com

2026

Instructors:

Megan - @meganerbeyoga
Jessica - soundsofthesoulhealingarts
Lisa - @2mcnabs
Brenda
Sarah
Tina
Taylor - @summit.breathwork

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING \$17 - Single Drop-In Class \$14 - Senior Discount Drop-In \$60 - 4 Class Package Chair Class - Donation *Heart of AZ \$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 - ZUMBA \$10 (60minutes) - MOBILITY FITNESS \$10 (30minutes) - SUMMER SPECIAL - Yoga in the Park 60min All Levels Yoga **All Special Events/ Workshops NOT INCLUDED IN CLASS PASS				ALL CLASSES ARE INCLUDED IN UNLIMITED CLASS PASSES - Best Deal for your Dollar \$108		8:00a YOGA IN THE PARK (60m) 10:00a SLOW FLOW WITH YIN
8:15a SOMATIC BREATHWORK 10:00a ENERGY FLOW YOGA	7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMASYNC SOUND HEALING	7:30a YIN YOGA (60min) 9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 6:00p SOMATIC BREATHWORK	8:15a ENERGY FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN THE PARK (60m) 10:00a SLOW FLOW WITH YIN
8:15a SOMATIC BREATHWORK 10:00a ENERGY FLOW YOGA	7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMATIC BREATHWORK	8:15a ENERGY FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	8:00a YOGA IN THE PARK (60m) 10:00a SLOW FLOW WITH YIN
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23 & 30 8:15a SOMATIC BREATHWORK 10:00a ENERGY FLOW YOGA	24 & 31 7:30a YIN YOGA (60min) 9:30a ESSENTIAL BASICS YOGA 5:30p GENTLE AND YIN YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMASYNC SOUND HEALING	26 9:30a INTRO TO FLOW YOGA 5:30p GENTLE FLOW YOGA	8:30a MOBILITY FITNESS (30 min) 9:30a ESSENTIAL BASICS YOGA 11:15a CHAIR S+B 5:30p SOMATIC BREATHWORK	28 8:15a ENERGY FLOW YOGA 9:30a ZUMBA 11:00a GENTLE AND YIN YOGA	29 8:00a YOGA IN THE PARK (60m) 10:00a SLOW FLOW WITH YIN ** FULL MOON MINI RETREAT AT WILLOR SPRINGS LAKE 5:00pm