

Yoga In The Pines

1100 N Beeline Hwy Ste. K

Payson Arizona

928-476-0828

September

2025

Instructors:

Megan - @meganebeyoga

Jessica - soundsofthesoulhealingarts.com

Lisa - @2mcnabs

Tracy @tracygwengonzo

Tina

Brenda

Amitayus

William - @willin_az

Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Paint In The Pines 'Friendly Elk'</p>	1	2 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p ENERGY FLOW YOGA	3	4 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	5	6 10:30a SLOW FLOW INTO YIN YOGA 1:00-3:00p UN- DERSTAND BLUE- PRINT W/ VELIA
7	8	9 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p ENERGY FLOW YOGA	10	11 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	12	13 10:30a SLOW FLOW INTO YIN YOGA 6:00-7:30p TA- ROT CLUB KAYLA
14	15	16 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p GENTLE WITH YIN YOGA 5:30p ENERGY FLOW YOGA	17	18 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p 7 CHAKRA BODY, BREATH, SOUND	19	20 10:30a SLOW FLOW INTO YIN YOGA 1:00-3:00p DE- CLUTTER MIND WITH VELIA
21	22	23 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p GENTLE WITH YIN YOGA 5:30p ENERGY FLOW YOGA	24	25 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	26	27 10:30a SLOW FLOW INTO YIN YOGA 10:30a FREE KIDS EVENT AT GVP
28	29	30		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		