Yoga In The Pines



1100 N Beeline Hwy Ste. K Payson Arizona 928-476-0828

2025

Instructors:

Megan - @meganerbeyoga

Jessica - soundsofthesoulhealingarts.com

Lisa - @2mcnabs

Tracy @tracygwengonzo

Tina Brend

Amitayus

William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	9:00a GENTLE 2	3	9:00a GENTLE 4	5	6
		YOGA		YOGA		10:30a SLOW
		10:30a CHAIR S+B		10:30a CHAIR S+B	10:30a WARM	FLOW INTO YIN
					ENERGY FLOW	YOGA
					YOGA	1:00-3:00p UN-
		5:30p ENERGY	5:30p ALL LEVELS	5:30p DEEP	ITOGA	DERSTAND BLUE-
	25	FLOW YOGA	YOGA	SOUND HEALING		PRINT W/ VELIA
Paint In The Pines 'Friendly Elk'		FLOW TOGA	TOGA	SOUND HEALING		PRINT W/ VELIA
7	8	9:00a GENTLE 9	10	9:00a GENTLE 11	12	13
		YOGA		YOGA		
10:30a WARM		10:30a CHAIR S+B		10:30a CHAIR S+B	10:30a WARM	10:30a SLOW
ENERGY FLOW					ENERGY FLOW	FLOW INTO YIN
YOGA					YOGA	YOGA
	5:30p GENTLE	5:30p ENERGY	5:30p ALL LEVELS	5:30p DEEP		6:00-7:30p TA-
	WITH YIN YOGA	FLOW YOGA	YOGA	SOUND HEALING		ROT CLUB KAYLA
14	15	9:00a GENTLE 16	17	9:00a GENTLE 18	19	20
		YOGA		YOGA		10:30a SLOW
10:30a WARM		10:30a CHAIR S+B		10:30a CHAIR S+B	10:30a WARM	FLOW INTO YIN
ENERGY FLOW					ENERGY FLOW	YOGA
YOGA				5:30p 7 CHAKRA	YOGA	1:00-3:00p DE-
	5:30p GENTLE	5:30p ENERGY	5:30p ALL LEVELS	BODY, BREATH,	5:30-7:30p WOM-	CLUTTER MIND
	WITH YIN YOGA	FLOW YOGA	YOGA	SOUND	ENS CIRCLE JENNA	WITH VELIA
	William Took	TEOW TOOK	IOGA	SOUND	ENS CINCLE SERVICE	Willi VLLIA
21	22	9:00a GENTLE 23	24	9:00a GENTLE 25	26	27
		YOGA		YOGA		
10:30a WARM		10:30a CHAIR S+B		10:30a CHAIR S+B	10:30a WARM	10:30a SLOW
ENERGY FLOW					ENERGY FLOW	FLOW INTO YIN
YOGA					YOGA	YOGA
3:00-5:00p WOM-	5:30p GENTLE	5:30p ENERGY	5:30p ALL LEVELS	5:30p DEEP		10:30a FREE KIDS
ENS SHAME RE-	WITH YIN YOGA	FLOW YOGA	YOGA	SOUND HEALING	6:00-8:00p PAINT	EVENT AT GVP
LEASE WITH CAT	William	TEOW TOUR	1004	300ND HEALING	IN THE PINES	EVERT AT GVT
28	20	20				
20	29	30		PRICING \$17. Single Dyon in Class \$14. Senior Discount Dyon in		
				\$17 - Single Drop-In Class \$14 - Senior Discount Drop-In \$60 - 4 Class Package \$5 - Chair Class Discount		
10:30a WARM				\$108 - Unlimited 30 day Pass \$75 - Unlimited Zoom 30 day		
ENERGY FLOW				- All studio classes are 75 minutes unless otherwise stated.		
YOGA				- Walk-ins welcome for regularly scheduled weekly classes		
	5:30p GENTLE	5:30p ENERGY		- WARM CLASSES = Main space, 80 degrees, Infrared Therapy		
	WITH YIN YOGA	FLOW YOGA			or Events, Workshops,	
				- i lease negister it		- Ingiliai Hot Toga