

Yoga In The Pines

1100 N Beeline Hwy Ste. K

Payson Arizona

928-476-0828


www.YogaInThePines.com

2025



Instructors:

Megan - @meganebyoga/meganebyoga
 Jessica - soundsofthesoulhealingarts.com
 Lisa - @2mcnabs
 Tracy @tracywengonzo
 Tina
 Brenda
 Kayla
 William - @willin_az
 Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30a WARM IR ENERGY FLOW YOGA	2 5:30p GENTLE YOGA	3 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	4 9:00a GENTLE WITH YIN YOGA 5:30p ALL LEVELS YOGA	5 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	6 10:30a WARM IR ENERGY FLOW YOGA	7 10:30a SLOW FLOW INTO YIN YOGA 2:00-4:00p INTRO TO REIKI WKSP
8 10:30a WARM IR ENERGY FLOW YOGA	9 5:30p GENTLE YOGA	10 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	11 9:00a GENTLE WITH YIN YOGA 5:30p ALL LEVELS YOGA	12 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	13 10:30a WARM IR ENERGY FLOW YOGA	14 10:30a SLOW FLOW INTO YIN YOGA
15 10:30a WARM IR ENERGY FLOW YOGA	16 5:30p GENTLE YOGA	17 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	18 9:00a GENTLE WITH YIN YOGA 5:30p ALL LEVELS YOGA	19 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p CHAKRA BALANCE WKSP THROAT	20 10:30a WARM IR ENERGY FLOW YOGA 6:00-7:30p TAROT CLUB	21 10:30a SLOW FLOW INTO YIN YOGA
22 10:30a WARM IR ENERGY FLOW YOGA 2:00-3:30p SUMMER SOLSTICE REJUVINATION	23	24 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p RESTORATIVE YIN YOGA	25 9:00a GENTLE WITH YIN YOGA 6:30-8:00p NEW MOON EVENT	26 9:00a GENTLE YOGA 10:30a CHAIR S+B 5:30p DEEP SOUND HEALING	27 10:30a WARM IR ENERGY FLOW YOGA 6:00-8:00p PAINT IN THE PINES	28 10:30a SLOW FLOW INTO YIN YOGA 10:30a FREE KIDS EVENT AT GVP
29 10:30a WARM IR ENERGY FLOW YOGA	30 5:30p GENTLE YOGA	 Paint In The Pines 'Cherry Tree Path'		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		