

Yoga In The Pines

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2023

Instructors:
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Barbra - @barbra.blithe7
Dr Adrian - @energeticpsyche/energeticpsyche.com
William - @willin_az
Gail - as Mother Mallard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1&2 NO CLASSES ENJOY A SAFE 4th OF JULY WEEKEND!	3 6:00p - SOUND MEDITATION	4 9:00a - GENTLE 10:30a - ^CHAIR HAPPY 4TH	5 8:30a - ENERGY 10:00A - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	6 9:00a - GENTLE 10:30a- ^CHAIR	7 8:30a - POWER 10:00a - WARM FLOW YOGA (6max)	8 8:300a - ALL LEVELS YOGA 11:30 - *FLOAT N FLOW SUP 60m* 1:30 - *BREEZY BEGINNER SUP*
9 1:00p - *SOUND PLAY WKSP 120m*	10 6:00p - SOUND MEDITATION	11 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - BEST OF BARRE/PILATES	12 8:30a - ENERGY 10:00A - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	13 9:00a - GENTLE 10:30a- ^CHAIR	14 8:30a - POWER 10:00a - WARM FLOW YOGA (6max)	15 8:30a - ALL LEVELS YOGA 11:30 - *FLOAT N FLOW SUP 60m* 1:30 - *BREEZY BEGINNER SUP*
16	17 6:00p - SOUND MEDITATION	18 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - BEST OF BARRE/PILATES	19 8:30a - ENERGY 10:00A - YIN / RESTORATIVE 1:00p - *FLOAT N FLOW SUP 60m* 6:00p - ALL LEVELS YOGA	20 9:00a - GENTLE 10:30a - ^CHAIR 7:00p *YOGA NIDRA EVENT*	21 8:30a - POWER 10:00a - WARM FLOW YOGA (6max)	22 8:30a - ALL LEVELS YOGA 10:30a - FAMILY FUN FIELD DAY 10a-6p - **HOLY FIRE REIKI MAS- TER TRAINING**
23 10a-6p - **HOLY FIRE REIKI MAS- TER TRAINING** Must register w/ Dr Campbell	24	25 9:00a - GENTLE 10:30a - ^CHAIR 5:15p - BEST OF BARRE/PILATES	26 8:30a - ENERGY 10:00A - YIN / RESTORATIVE 6:00p - ALL LEVELS YOGA	27 9:00a - GENTLE 10:30a - ^CHAIR	28 8:30a - POWER 10:00a - WARM FLOW YOGA (6max) 6:30p - *PAINT IN THE PINES 120m*	29 8:30a - ALL LEVELS YOGA 10:00a - WARM YIN YOGA (6max) 1:30p *BODY ALIGNMENT WKSP 90m*



'Tonto Sunset'
Paint in the Pines

STUDIO PRICING:

\$15 - Single Class
\$50 - 4 Class Pass (30 day)
\$100 - Unlimited Pass (30 day)
\$12 - Senior Discount (65+)
\$5 - Chair Class Discount
Events and Workshops Vary

-All studio classes are 75 minutes unless otherwise stated.
-Walk-ins are welcome for regularly scheduled weekly classes as space provides (Pre-Register online to reserve your spot!)
-Register Online or In-Studio for all *Specialty Events and Workshops* (exception is Family Fun Event only)
Register at www.YogaInThePines.com