



Yoga In The Pines

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 Payson Arizona
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2023

Instructors:

Megan - @meganerbeyoga/meganerbe.yoga
 Jessica - soundsofthesoulhealingarts.com
 Barbra - @barbra.blithe67
 Lisa - @2mcnabs
 William - @willin_az
 Gail - as Mother Mallard
 Kayla - Pumpkin Painting

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR 5:15p - FLOW INTO YIN YOGA	8:30a - ENERGY 10:00a - YIN 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - DANCE & MOVE 60m	8:30a - POWER 10:00a - WARM YOGA (6max)	9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE
8	9	10	11	12	13	14
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR 5:15p - DANCE AND MOVE 60m	8:30a - ENERGY 10:00a - YIN 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - DANCE & MOVE 60m	8:30a - POWER 10:00a - WARM YOGA (6max)	9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE
15	16	17	18	19	20	21
	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR 5:15p - FLOW INTO YIN YOGA	8:30a - ENERGY 10:00a - YIN 6:00p ALL LEVELS YOGA	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - DANCE & MOVE 60m	8:30a - POWER 10:00a - WARM YOGA (6max)	9:00a - ALL LEVELS YOGA 10:30a - YIN / RESTORATIVE
22	23	24	25	26	27	28
3:00p - PAINT A PUMPKIN!! 60m Ages 8 and up!	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR	8:30a - ENERGY 10:00a - YIN 7:00-GRATITUDE MEDITATION 60m	9:00a - GENTLE 10:30a - ^CHAIR 6:00p - DANCE & MOVE 60m	8:30a - POWER 10:00a - WARM YOGA (6max) 6:30p - PAINT IN THE PINES 120m	9:00a - ALL LEVELS YOGA 10:30a - FAMILY FUN EVENT 90m This Month's Paint In The Pines 'Witchy Pumpkin' ↓
29	30	31	<p>PRICING: \$15 - Single Class \$50 - 4 Class Pass (60 day) \$5 - Chair Class Discount \$100 - Unlimited Pass (30 day) Events & Workshops Vary \$12 - Senior Discount (65+)</p> <p>-All studio classes are 75 minutes unless otherwise stated. -Must Register for Events, Workshops and Warm Yoga to save your spot -Walk-ins are welcome as space is available! Register at www.YogaInThePines.com</p>			
UPCOMING!! Special Event: Sensory Meditation Intensive Workshop NOVEMBER 5th 3-5pm	6:00p - SOUND MEDITATION	9:00a - GENTLE 10:30a - ^CHAIR 5:15p - FLOW INTO YIN YOGA				

