



2023 OSYC SPRING SCHEDULE



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Class Fees, Class Descriptions & Contact Info on Back

MONDAYS

Starts May 29	9 - 10:15 am	Yin Yoga	All levels	Pam
Ongoing	11am-12:15pm	Iyengar Yoga	Basics & Beyond	Lauren
Ongoing	12:30 -1:30pm	Gentle Iyengar Yoga	Beginners	Lauren

TUESDAYS

Ongoing	9 - 10:15 am	Iyengar Yoga	Intermediate	Lauren
Ongoing	10:30 am-12 pm	Yoga Therapeutics Class	<i>(By Appointment Only)</i>	Lauren & Assts.

WEDNESDAYS

Ongoing	9 - 10:15 am	Forrest yoga	Mixed Levels	Lisa
Starts May 24	10:30-11:30 am	Pulse Yoga	Mixed Levels	Maureen (Mo)

THURSDAYS

Ongoing	9 -10:15 am	Iyengar Yoga	Intermediate	Lauren
Ongoing	11am-12:15 pm	Iyengar Yoga	Basics & Beyond	Lauren

FRIDAYS

Starts Jun 2	9 - 10:00 am	Slow Flow	Mixed Levels	Melissa
Starts May 26	10:30-11:30 am	Pulse Yoga	Mixed Levels	Maureen (Mo)

SATURDAYS

Ongoing	9-10:30 am	Iyengar Yoga	Basics/Intermediate	Lauren
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Pranayama - channeling the breath, included the last Saturday of each month!

SUNDAYS

Ongoing	9-10:15 am	Meditation (Zoom Only)	All Levels	Ken
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Please reserve your space ONLINE when attending In-Studio Classes!

OPEN SPACES YOGA CENTER

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