

OSYC 2022 End of year SCHEDULE

Class Fees, Descriptions & Contact Info on Back



www.openspacesyoga.com • info@openspacesyoga.com • (928) 940 0996

MONDAYS

Ongoing	11am-12:15pm	Iyengar Yoga	Level 1-2	Lauren
Ongoing	12:30 -1:30pm	Gentle Iyengar Yoga	Beginners	Lauren

TUESDAYS

Ongoing	9 - 10:15 am	Iyengar Yoga	Level 2-3	Lauren
Ongoing	10:30 am - 12 pm	Yoga Therapeutics Class	By Appointment Only	Lauren & Assts.
Ongoing	6 - 7:00 pm	Tuesdays Forrest Yoga	Mixed Levels	Lisa

WEDNESDAYS

THURSDAYS

Ongoing	9 -10:15 am	Iyengar Yoga	Level 2-3	Lauren
Ongoing	11am-12:15 pm	Iyengar Yoga	Level 1-2	Lauren
Ongoing	5:00 - 6:00 pm	Holy Yoga (by Donation Only)	All Levels	Lori

FRIDAYS

Ongoing	9 - 10:15 am	Fridays Forrest Yoga	Mixed Levels	Lisa
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SATURDAYS

Ongoing	8:30-10 am	Iyengar Yoga	Levels 1-3	Lauren
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[Pranayama - breath work is included the last Saturday of each month]

SUNDAYS

Ongoing	9-10:15 am	Meditation (Zoom Only)	All Levels	Ken
Ongoing	11 am-12:15 pm	Sundays Forrest Yoga	Mixed Levels	Lisa

Please Reserve Each In-Studio Class Online!

OPEN SPACES YOGA CENTER, Lauren Barnert-Hosie, Director
www.openspacesyoga.com • info@openspacesyoga.com
(928) 940-0996

476 W. White Mountain Blvd. #12, Lakeside, AZ 85929

OSYC Class Descriptions

IYENGAR LEVEL 1 (Mon & Thurs) Foundational poses for posture, strength, mobility & mental focus

GENTLE YOGA For Beginners & those with limited mobility & balance

KUNDALINI YOGA Kriyas, pranayams, mantra, sound & meditation for all levels (Zoom Only Nov 3rd on)

IYENGAR LEVEL 2-3 (Tues & Thurs) Practice of inversions, backbends, arm balances, bandhas & yogic philosophy

YOGA THERAPEUTICS CLASS For Health Conditions that can't be addressed in general classes

TUESDAYS FORREST YOGA A dynamic challenging & stress-relieving practice for all student levels

FRIDAYS FORREST YOGA A powerful practice with wall work & attention on the breath, to strengthen body mind & Spirit

IYENGAR LEVELS 1-3 (Sat.) Deepen foundational poses; add more advanced poses, hold poses longer for pranic effect

MEDITATION (ZOOM ONLY) (Sun.) To Reveal your natural capacity to be present & at peace in life

SUNDAYS FORREST YOGA A deep dive into Forrest Yoga with focus on breathing for body, mind & Spirit

HOLY YOGA Connect body, soul & spirit thru yoga postures, meditation on scripture & worship music.

CLASS FEES: IN-STUDIO or ZOOM

Single Class Fee \$15

Active Military, First Responders, Full Time Students - \$9

OSYC Discount Class Cards

10 Class Card - \$110 (\$11/class)

5 Class Card - \$65 (\$13/class)

Senior's (60+ yrs) 10 Class Card - \$85 (\$8.50/class)

Senior's (60+ yrs) 6 Class Card - \$54 (\$9/class)

Month-to-Month Unlimited Classes - \$120

Yoga Therapeutics Class - \$20/\$80 for 5 classes

www.openspacesyoga.com

To reserve your class space

go to **BOOK IN-STUDIO**

Use our **ONLINE STORE**

for class cards, gift certificates,

or special classes/workshops

OR pay with cards, cash

or checks in studio

Contact us at

info@openspacesyoga.com

Private Sessions are available

Please contact Lauren (928) 940-0996

For Zoom Access Contact Instructor directly:

Lauren (928) 940-0996

Ken (928) 940-0997

Lisa (510) 418-5443

Maria (209) 596-6465

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