



# 2023 OSYC SCHEDULE thru Sept

[www.openspacesyoga.com](http://www.openspacesyoga.com)

*Class Fees and Contact Info Below*



## MONDAYS

Thru Sept	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 Appoint.Only)</i>	Lauren & Assts.

## WEDNESDAYS

Ends Aug 2	9 - 10:15 am	Forrest Yoga	Mixed Levels	Lisa
Thru Sept	10:30-11:30 am	Pulse Yoga	Mixed Levels	Maureen (Mo)
Starts Aug 9	6-7 pm	Forrest Yoga	Mixed Levels	Lisa

## THURSDAYS

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

## FRIDAYS

Thru Sept	9 - 10:00 am	Slow Flow	Mixed Levels	Melissa
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## SATURDAYS

Ongoing	9-10:30 am	Iyengar Yoga	Basics/Intermediate	Lauren
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*IPranayama - 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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### CLASS FEES

\$15 Single Class  
 \$9 Active Military,  
 First Responders,  
 Full Time Students

### OSYC CLASS CARDS

\$110 - 10 Class Card (\$11/class)  
 \$65 - 5 Class Card (\$13/class)  
 \$85 - Senior's (60+ yrs) 10 Class Card (\$8.50/class)  
 \$54 - Senior's (60+ yrs) 6 Class Card (\$9/class)  
 \$120 - Month-to-Month Unlimited Classes  
 \$20/\$80 for 5 classes - Yoga Therapeutics Class

*Please reserve your space ONLINE when attending In-Studio Classes!*

*Contact Lauren re: private sessions, yoga therapeutics or other questions (928) 940-0996*

**OPEN SPACES YOGA CENTER**  
[www.openspacesyoga.com](http://www.openspacesyoga.com)

*(updated 230802)*

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