

# PRIVATE YOGA SESSIONS

## **DISCOUNTED** THRU APRIL

CALL (928) 940-0996 TO SCHEDULE A SESSION

SINGLE SESSION DISCOUNT  
Regularly \$100 - **NOW \$80**

THREE SESSION DISCOUNT  
Regularly \$240 - **NOW \$200**

## Why Take Private Sessions?

Address physical, emotional, mental, spiritual issues Including...

- Musculo-Skeletal Issue • Bone Health • Digestive Disorders
- Circulatory, Respiratory, Lymphatic Systems
- Autoimmune Disorders • Cancer Recovery • Thyroid dysfunction
- Depression, anxiety, stress, eating disorders
- Postural Issue: pelvic floor & core weakness; balance, etc.
- Spiritual Unrest

Develop a Home Practice; work on specific categories of poses



with Lauren Barnert-Hosie  
Certified Iyengar Yoga Therapist



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OPEN SPACES YOGA CENTER