

OSYC 2022 Weekly Schedule - May thru July

See back side for Class Fees, Class Booking & Contact Info



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MONDAYS

Starts May 30	9 - 10 am	Slow Flow	<i>Mixed Levels - Yoga with a meditative pace holding poses longer, taking several rounds of breath in each pose</i>	Melissa
Ongoing	11am-12:15pm	Iyengar Yoga	<i>Level 1 Foundational poses for posture, strength, mobility & mental focus</i>	Lauren
Starts May 16	12:30 -1:30pm	Gentle Yoga	<i>For Beginners & those with limited mobility & balance</i>	Lauren

TUESDAYS

Ongoing	9 - 10:15 am	Iyengar Yoga	<i>Intermediate Level includes inversions, backbends, arm balances & bandhas & yogic philosophy</i>	Lauren
Ongoing	10:30am- 12 pm	Yoga Therapeutics Class	<i>For Health Conditions - By Appointment Only</i>	Lauren & Assts.
Ongoing	6 - 7:00 pm	Tuesdays Forrest Yoga	<i>A dynamic challenging & stress-relieving practice for all student levels</i>	Lisa

WEDNESDAYS

Starts May 18	9 - 10:15 am	Flow Yoga with Rosie	<i>Yoga that uses an eclectic variety of tools to build strength & balance, & connection to breath for mind, body & Spirit</i>	Rosie
Starts June 1	10:30 -11 :45 am	Functional Yin Yoga	<i>Mixed Levels- Functional Yin is the "punk rock" of yoga - no rules; just honor your body</i>	Pam

THURSDAYS

Ongoing	9 -10:15 am	Iyengar Yoga	<i>Level 2-3 Refinement of poses with inversions, backbends, pranic work interwoven with yogic philosophy</i>	Lauren
Ongoing	11am-12:15 pm	Iyengar Yoga	<i>Level 1 Foundational poses for posture, strength, mobility & mental focus</i>	Lauren

FRIDAYS

Ongoing	9 - 10:15 am	Fridays Forrest Yoga	<i>Mixed Levels - A powerful practice with attention on the breath, to strengthen body mind & Spirit</i>	Lisa
Starts May 20	10:30 -11:15 am	Pulse Yoga	<i>Yoga Poses combined with free weights (2-3lbs) to Tone & Sculpt your Body</i>	Maureen(Mo)

SATURDAYS

Ongoing	8:30-10 am	Iyengar Yoga	<i>Levels 1-3 Penetrate the practice deeply with foundational & more advanced poses, holding poses longer for pranic effect</i> <i>[Pranayama - breath work is included the last Saturday each month]</i>	Lauren
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SUNDAYS

Ongoing	9-10:15 am	Meditation (Zoom Only)	<i>All Levels - To Reveal your natural capacity to be present & at peace in life</i>	Ken
Ongoing	11 am-12:15 pm	Sundays Forrest Yoga	<i>Mixed Levels- A deep dive into Forrest Yoga with focus on breathing for body, mind & Spirit</i>	Lisa
Starts June 5	4 -5 pm	Holy Yoga (by Donation Only)	<i>Connect body, soul & spirit thru yoga postures, meditation on scripture, & worship music. All Levels</i>	Melissa, Rosie, Kim, Lori

Please Reserve Each In-Studio Class Online! For Zoom Access - contact your instructor (see back)