



# 2023 OSYC SUMMER SCHEDULE

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

*Class Fees & Contact Information Below*

<b>MONDAY</b>				
	9 - 10:15 am	YIN YOGA	All Levels	Pam
	11am-12:15 pm	IYENGAR YOGA	Basics & Beyond	Lauren
	12:30-1:30 pm	GENTLE IYENGAR YOGA	Beginners	Lauren
<b>TUESDAY</b>				
	9-10:15 AM	IYENGAR YOGA	Intermediate	Lauren
	10:30 am-12 pm	YOGA THERAPEUTICS	By Appt. Only	Lauren
<b>WEDNESDAY</b>				
	9-10:15 AM	FORREST YOGA	All Levels	Lisa
	10:30 - 11:30 am	PULSE YOGA	All levels	Maureen
<b>THURSDAY</b>				
	9-10:15 AM	IYENGAR YOGA	Intermediate	Lauren
	11am-12:15 pm	IYENGAR YOGA	Basics & Beyond	Lauren
<b>FRIDAY</b>				
	9-10 am	SLOW FLOW YOGA	All Levels	Melissa
<b>SATURDAY</b>				
	9-10:30 am	IYENGAR YOGA	Basics to Intermediate	Lauren
<b>SUNDAY</b>				
	9 - 10:15 am	MEDITATION (ZOOM ONLY)	All levels	Ken

## **CLASS FEES**

Single Class \$15  
 Active Military, First Responder, Full Time Student \$9

## **OSYC DISCOUNT CLASS CARDS**

10 Class Card \$110 - (\$11/class)  
 5 Class Card. \$65 - (\$13/class)  
 Seniors' (60+yrs) 10 class card - \$85 (\$8.50/class)  
 Seniors' (60+yrs) 6 class Card \$54 - (\$9/class )

**VISIT OUR WEBSITE** [www.openspacesyoga.com](http://www.openspacesyoga.com)

Reserve your class space by selecting **BOOK IN STUDIO**.

Use our **ONLINE STORE** to pay for class cards, gift certificates, or special classes. Or pay with cash/cc/debit cards in the studio.

**CONTACT** [info@openspacesyoga.com](mailto:info@openspacesyoga.com). (928)940-0996

Call Lauren re: private sessions, yoga therapy, or with questions.