

Revised Dates

PRANAYAMA SERIES



Pranayama can improve your breathing capacity, your circulation, digestion, nervous system and mental alertness. This 3 Session Series prepares you for a regular practice that can bring you into greater connection with yourself.

3 SESSION SERIES • \$45
FEBRUARY 1, 8 & 15, 2024
Thursdays 9:30 ~ 10:30 am

BOOK YOUR SPACE TO REGISTER
with Lauren Barnert-Hosie, CIYT



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