

WEDNESDAY
Meditations
WITH Ken



~ OSYC Class Fees Apply ~

BODY SCANS

JUN 5 • JULY 3 • AUG 7

for mental - physical stillness
and heart openings of
compassion

PRANAYAMA

JUN 12 • JULY 10 • AUG 14

for awareness of inner
movements arising from
the breath (life force)

GUIDED VISUALIZATIONS

JUN 19 • JULY 17 • AUG 21

for exploring our inner worlds
through sight, sound and
sensation



CHAKRAS & RADIANCE

JUN 26 • JULY 24 • AUG 28

for connecting the mental-
physical with energetic
& ethic planes

All Sessions > 7:30-8:30 AM



OPEN SPACES YOGA CENTER
WWW.OPENSACESYOGA.COM
928-940-0996

Meditation Teacher and author,
Ken Hosie, is known for his gentle
clarity of instruction, helping
students to explore deeply
with purpose and heart.

