

# VINYASA YOGA



*New Winter Hours  
as of Nov 1<sup>st</sup>*

**Wednesdays  
& Fridays**

**10:00 - 11:15 am**

***OPEN SPACES YOGA CENTER***

*www.openspacesyoga.com*

*(928) 940-0996*



*with Claire-Dee Lim*

**Claire-Dee Lim is a seasoned yoga practitioner with over 30 years of dedicated practice. She has a deep understanding of traditional yoga disciplines, mindfulness practices, and the intricate mind-body connections.**

**Her yoga journey has been shaped by the teachings of master instructors in both the Iyengar and Ashtanga traditions, and Buddhist meditation modalities.**