

2023 OSYC SCHEDULE Jan thru April



Class Fees, Descriptions & Contact Info on Back

www.openspacesyoga.com • info@openspacesyoga.com • (928) 940 0996

Note: Schedule Changes for Forrest Yoga, Holy Yoga & the new Meditation Basics class

MONDAYS

| | | | | |
|---------|---------------|---------------------|-----------|--------|
| Ongoing | 11am-12:15pm | Iyengar Yoga | Level 1-2 | Lauren |
| Ongoing | 12:30 -1:30pm | Gentle Iyengar Yoga | Beginners | Lauren |

TUESDAYS

| | | | | |
|---------|------------------|-------------------------|---------------------|-----------------|
| Ongoing | 9 - 10:15 am | Iyengar Yoga | Level 2-3 | Lauren |
| Ongoing | 10:30 am - 12 pm | Yoga Therapeutics Class | By Appointment Only | Lauren & Assts. |
| Ongoing | 6 - 7:00 pm | Tuesdays Forrest Yoga | Mixed Levels | Lisa |

WEDNESDAYS

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|----------------------|--------------|-------------------------|--------------|------|
| <i>Begins Jan 18</i> | 9 - 10:15 am | Wednesdays Forrest Yoga | Mixed Levels | Lisa |
|----------------------|--------------|-------------------------|--------------|------|

THURSDAYS

| | | | | |
|---------|----------------|------------------------------|------------|--------|
| Ongoing | 9 -10:15 am | Iyengar Yoga | Level 2-3 | Lauren |
| Ongoing | 11am-12:15 pm | Iyengar Yoga | Level 1-2 | Lauren |
| Ongoing | 4:00 - 5:00 pm | Holy Yoga (by Donation Only) | All Levels | Lori |

FRIDAYS

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|--|----------------|----------------------|-------------------|------|
| <i>Moves to Wednesdays Jan 18</i> | 9 - 10:15 am | Fridays Forrest Yoga | Mixed Levels | Lisa |
| <i>Begins Feb 3</i> | 4:30 - 5:30 pm | Meditation Basics | Beginners welcome | Ken |
| <i>6 Session Series Feb 3, 10, 17, 24, Mar 3, 10</i> | | | | |

SATURDAYS

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|--|---------------|--------------|------------|--------|
| <i>Winter Hours</i> | 9:00-10:30 am | Iyengar Yoga | Levels 1-3 | Lauren |
| <i>[Pranayama - breath work is included the last Saturday of each month]</i> | | | | |

SUNDAYS

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|---------|------------|------------------------|------------|-----|
| Ongoing | 9-10:15 am | Meditation (Zoom Only) | All Levels | Ken |
|---------|------------|------------------------|------------|-----|

Please Reserve Each In-Studio Class Online!

OPEN SPACES YOGA CENTER, Lauren Barnert-Hosie, Director
www.openspacesyoga.com • info@openspacesyoga.com
(928) 940-0996

476 W. White Mountain Blvd. #12, Lakeside, AZ 85929

OSYC Class Descriptions

IYENGAR LEVEL 1-2 (Mon & Thurs) Foundational poses for posture, strength, mobility & mental focus

GENTLE YOGA For Beginners & those with limited mobility & balance

IYENGAR LEVEL 2-3 (Tues & Thurs) Practice of inversions, backbends, arm balances, bandhas & yogic philosophy

YOGA THERAPEUTICS CLASS For Health Conditions that can't be addressed in general classes

TUESDAYS FORREST YOGA A dynamic challenging & stress-relieving practice for all student levels

WEDNESDAYS FORREST YOGA A powerful practice with wall work, attention on the breath, to strengthen body mind & Spirit

IYENGAR LEVELS 1-3 (Sat.) Deepen foundational poses; add more advanced poses, hold poses longer for pranic effect

MEDITATION (ZOOM ONLY) (Sun.) To Reveal your natural capacity to be present & at peace in life

MEDITATION BASICS (Fri.) 6 Session Series to identify & explore the fundamentals of meditation (Feb 3- Mar 10)

HOLY YOGA Connect body, soul & spirit thru yoga postures, meditation on scripture & worship music.

CLASS FEES: IN-STUDIO or ZOOM

Single Class Fee \$15

Active Military, First Responders, Full Time Students - \$9

OSYC Discount Class Cards

10 Class Card - \$110 (\$11/class)

5 Class Card - \$65 (\$13/class)

Senior's (60+ yrs) 10 Class Card - \$85 (\$8.50/class)

Senior's (60+ yrs) 6 Class Card - \$54 (\$9/class)

Month-to-Month Unlimited Classes - \$120

Yoga Therapeutics Class - \$20/\$80 for 5 classes

"TEN+" CARDS

Get a free class for every 10 attended.

From January thru April 2023.

Applicable to the \$110/10 class card
and the \$85/10 class senior card.

Visit our website:

www.openspacesyoga.com

To reserve your class space
go to **BOOK IN-STUDIO**

Then use our **ONLINE STORE**
for class cards, gift certificates,
or special classes/workshops
OR pay with cards, cash
or checks in studio

Contact us at

info@openspacesyoga.com

Private Sessions are available

Please contact Lauren (928) 940-0996

For Zoom Access Contact Instructor directly:
Lauren (928) 940-0996 Ken (928) 940-0997
Lisa (510) 418-5443 Maria (209) 596-6465