

Jun 5 - Aug 28, 2024

# Meditation & Pranayama

Wednesdays from 7:30-8:30 a.m.

~ OSYC Class Fees Apply ~

1<sup>ST</sup> WEDNESDAY OF EACH MONTH

**BODY SCAN** practices help to generate stillness and calm while bringing into conscious awareness a greater intimacy between the physical form and the heart of compassion.

2<sup>ND</sup> WEDNESDAY OF EACH MONTH

**PRANAYAMA** (*fundamentals*) provides restful ease to the mind while placing attention on the organic & psychological movements of the naturally freely-flowing breath (prana; life force).



Engaging creative inner worlds through sight, sound, sensation and imagination along with enhancing physical and mental stillness are key features of **GUIDED VISUALIZATIONS.**

Exploring the body's subtle energy centers of egolessness while dispelling western myths that impede spiritual advancement are the focus of **CHAKRAS & RADIANCE.**

3<sup>RD</sup> WEDNESDAY OF EACH MONTH

4<sup>TH</sup> WEDNESDAY OF EACH MONTH



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

