

2023 - 2024 WINTER SCHEDULE

www.openspacesyoga.com



Class Fees and Contact Info Below

MONDAYS

Ongoing	11am-12:15pm	Iyengar Yoga	Basics & Beyond	Lauren
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TUESDAYS

Ongoing	9 - 10:15 am	Iyengar Yoga	Intermediate	Lauren
Ongoing	10:30 am-12 pm	Yoga Therapeutics Class	(By Appoint.Only)	Lauren & Assts.

WEDNESDAYS

Ongoing	10- 11:15 am	Vinyasa (Flow) Yoga	Mixed Levels	Claire
Ongoing	6:00 -7:00 pm	Forrest Yoga	Mixed Levels	Lisa

THURSDAYS

Jan 11, 18 25	9:30-10:30 am	Pranayama Series	1/2 yr experience	Lauren
Ongoing	11am-12:15 pm	Iyengar Yoga	Basics & Beyond	Lauren

FRIDAYS

Thru Dec 15	10- 11:15 am	Vinyasa (Flow) Yoga	Mixed Levels	Claire
Begins Jan 5	10- 11:15 am	Stretch Class	Mixed Levels	Claire

SATURDAYS

Ongoing	9-10:30 am	Iyengar Yoga	Basics/Intermediate	Lauren
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[Pranayama - channeling the breath, included the last Saturday of each month]

SUNDAYS

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

\$20 Single Class
(Couples \$30)
\$10 Active Military,
First Responders,
Full Time Students

OSYC CLASS CARDS

\$120 - 10 Class Card (\$12/class)
\$75 - 5 Class Card (\$15/class)
\$100 - Senior's (60+ yrs) 10 Class Card (\$10/class)
\$60 - Senior's (60+ yrs) 5 Class Card (\$12/class)
\$125 - Month-to-Month Unlimited Classes
\$25 or \$95 for 5 classes - Yoga Therapeutics Class

**Please reserve your space ONLINE
when attending In-Studio Classes!**

Contact Lauren re:
private sessions, yoga
therapeutics or other
questions (928) 940-0996

OPEN SPACES YOGA CENTER
www.openspacesyoga.com

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