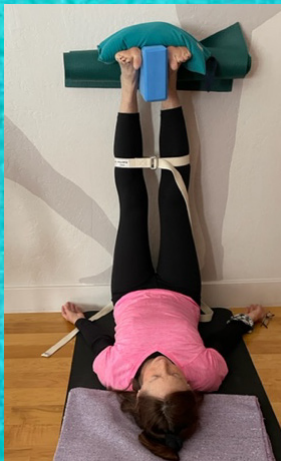




Relieve Afib issues by giving support to the heart. Weight on the back relaxes the spine and the breath.



Ease anxiety and promote deeper breathing in this supported back bend; head wrapped to calm nervous system.



Reduce bowing of legs that contributes to knee, hip & back pain. Use of Strap & brick aligns the legs. Weight on feet moves femurs into hip sockets for deeper breath.

YOGA THERAPEUTICS CLASSES

No Drop-Ins

Tuesdays 10:30 am - 12:00 pm

Fridays 12:00 pm - 1:30 pm

**Contact: Lauren Barnert-Hosie, CIYT
Certified Iyengar Yoga Therapist
(928) 940-0996**

REQUIREMENTS:

Meeting for a private(s) with Lauren prior to attending the YT Class is required in order to assess your needs and see if the YT Class is appropriate for you. *(Some health issues are better addressed in private yoga sessions.)*

YT CLASS SIZE:

Each student follows their individualized yoga sequence with help from Lauren & assistants. Class size is limited to 4-6 on each day. Students who are invited to YT Classes **MUST text or email Lauren prior to coming** to each session whether Tuesday, Friday or both.

YOGA THERAPEUTICS FEES:

* Privates with Lauren:

Single Session \$110; 3 Sessions \$270

*** Special Limited Promotion
for Private Sessions**

May 1 - June 15th

Single Session \$90; 3 sessions \$240

Yoga Therapeutics Class:

Single Session \$25

5 Sessions \$95; 10 Sessions \$175



OPEN SPACES YOGA CENTER

www.openspacesyoga.com

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

OPEN SPACES YOGA CENTER



YOGA THERAPEUTICS

This brochure illustrates some of the ways Yoga Therapeutics addresses health issues including:

***Structural Imbalances,
Autoimmune Disorders,
Systemic Issues, and
Psychological Disturbances***

Yoga is an integrated holistic path to health. Yoga practices bring the physical, physiological, psychological, mental and spiritual layers of the body into greater balance and cooperation.

Penetrating to the root of the imbalances in order to build back homeostasis of mind & body is the aim of Yoga Therapeutics

OSYC is unique in the White Mountains offering Yoga Therapy (YT), private sessions and YT classes for those who's health concerns cannot be addressed in general yoga classes.



Easing scoliosis & back discomfort by supporting the abdomen and torso



Cervical spine injuries are relieved by supporting the head and using arm actions with straps to give neck traction. Head wrap helps to lower Blood Pressure



Reduce bone-on-bone pain with special strapping of the foot and knee to help align the leg bones, improve extension and strengthen thigh muscles



Hanging from ropes to ease IBS by opening & stretching the digestive organs



To strengthen the core & back body for improved lung & spinal health, the trestler is used to help lift and give spinal rotation



Reduce neck and thoracic back pain by strengthening shoulder blade action to lengthen the neck and relax jaw tension



Ease anxiety, restlessness and relieve gut tension in this resting pose that deeply relaxes the brain



Improve thyroid function by giving the thoracic spine an upward lift from behind to physically & energetically open the chest and relieve throat tension



Improve strength in the pelvic floor and the weakened pelvic organs by using the ropes to help lift the torso up off the pelvic floor