

OSYC Class Schedule June - July 2021



Please Book Each Class Online!

www.openspacesyoga.com • info@openspacesyoga.com • (928) 367-4636

MONDAYS

| | | | | |
|----------------------|----------------|---------------------|-----------------------------------|---------|
| <i>Begins May 24</i> | 8:30 - 9:30 am | Yin Yoga | 8 session series thru July 12 | Pam |
| <i>Begins May 31</i> | 9:45- 10:45 am | Slow Flow | Thru September | Melissa |
| Ongoing | 11am-12:15 pm | Gentle Yoga/Level 1 | Class with extensive prop use (Z) | Lauren |

TUESDAYS

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|---------|------------------|-------------------------|------------------------|-----------------|
| Ongoing | 9:00 - 10:15 am | Iyengar Yoga | Intermediate level (Z) | Lauren |
| Ongoing | 10:30 am - 12 pm | Yoga Therapeutics Class | By appointment only | Lauren & Assts. |
| Ongoing | 6:00 - 7:00 pm | Tuesdays Forrest Yoga | Mixed Levels (Z) | Lisa |

WEDNESDAYS

| | | | | |
|-----------------------|------------------|--------------------|-------------------------------------|--------|
| Ongoing | 9:00- 10:00 am | Flow with Rosie | Thru October | Rosie |
| Ongoing | 12:00 - 12:45 pm | Easy Pace Yoga | Beginners, Gradual approach to yoga | Lauren |
| <i>Begins May 26</i> | 3:00 - 4:00 pm | Young Women's Yoga | 8 weeks - ages 12-18 | Lisa |
| <i>Begins June 16</i> | 1:00 - 2:00 pm | Kid's Yoga | 4 weeks - Wed & Fri - ages 5-12 | Lisa |

THURSDAYS

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|---------|-----------------|----------------------|-----------------------------------|--------|
| Ongoing | 9:00 - 10:15 am | Iyengar Yoga Level 2 | (Z) | Lauren |
| Ongoing | 11am-12:15 pm | Gentle Yoga/Level 1 | Class with extensive prop use (Z) | Lauren |

FRIDAYS

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|-----------------------|------------------|----------------------|-----------------------------------|--------------|
| Ongoing | 9:00 - 10:15 am | Fridays Forrest Yoga | Mixed Levels (Z) | Lisa |
| Ongoing | 10:30 - 11:30 am | Pulse Yoga | Hand weights used with yoga poses | Maureen (Mo) |
| <i>Begins June 18</i> | 1:00 - 2:00 pm | Kid's Yoga | 4 weeks - Wed & Fri - ages 5-12 | Lisa |

SATURDAYS

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|---------|-----------------|--------------|--|--------|
| Ongoing | 8:30 - 10:00 am | Iyengar Yoga | Levels 1-3 (Z) [Pranayama taught last Sat. of month] | Lauren |
|---------|-----------------|--------------|--|--------|

SUNDAYS

| | | | | |
|-------------------------------|-------------------|----------------------|--|--------|
| Ongoing | 9:00 - 10:15 am | Meditation | All Levels - Beginners Welcome - Zoom Only | Ken |
| Ongoing | 11:00 am-12:15 pm | Sundays Forrest Yoga | Mixed Levels (Z) | Lisa |
| <i>Begins Sundays in June</i> | 3:00- 4:00 pm | Buti Yoga | An Active Yoga Class or all levels | Morgan |

Open Spaces Yoga Center

(Z) - class also accessible on Zoom. Contact Instructor directly:
Lauren 928-940--0996 Ken (928) 940-0997 Lisa (510) 418-5443

CLASS FEES \$15 - In-Studio or Zoom Classes
Or purchase OSYC 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
Active Military, First Responders, Students - \$9/class
Yoga Therapeutics Class - \$20/\$80 for 5 classes

Go to www.openspacesyoga.com
to BOOK CLASSES ONLINE or to use our ONLINE STORE
for class cards, gift certificates, or special classes/workshops
Or pay in-studio
Or CONTACT US at info@openspacesyoga.com
PRIVATE SESSIONS ARE AVAILABLE
PLEASE CONTACT LAUREN (928) 940-0996
(updated 5/20/21)