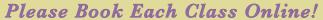
OSYC Class Schedule June - July 2021



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

MONDAYS			
Begins May 24	8:30 - 9:30 am	Yin Yoga 8 session series thru July 12	Pam
Begins May 31	9:45- 10:45 am	Slow Flow Thru September	Melissa
Ongoing	11am-12:15 pm	Gentle Yoga/Level 1 Class with extensive prop use (2	() Lauren
TUESDAYS			
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
Begins May 26	3:00 - 4:00 pm	Young Women's Yoga 8 weeks - ages 12-18	Lisa
Begins June 16	1:00 - 2:00 pm	Kid's Yoga 4 weeks - Wed & Fri - ages 5-12	Lisa
THURSDAYS			
Ongoing	9:00 - 10:15 am	Iyengar Yoga <i>Level 2</i> (Z)	Lauren
Ongoing	11am-12:15 pm	Gentle Yoga/Level 1 Class with extensive prop use (Z) Lauren
FRIDAYS			
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)
Begins June 18	1:00 - 2:00 pm	Kid's Yoga 4 weeks - Wed & Fri - ages 5-12	Lisa
SATURDAYS			
Ongoing	8:30 - 10:00 am	Iyengar Yoga Levels 1-3 (Z) [Pranayama taught last Sat. o	f 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
Begins Sundays in June	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)