

AUGUST OSYC SCHEDULE



OUTDOORS & INDOORS

Questions? contact us at info@openspacesyoga.com or call / text (928) 940 -0996

www.openspacesyoga.com - Booking Online & Online Store for your convenience

OSYC Instructors teaching OUTDOORS at IN BLOOM

Mondays		
9-10:00 am	Yin Yoga	<i>Pam</i>
	<i>(Aug 10-31)</i>	
11am-12:00pm	Iyengar Yoga	<i>Lauren</i>
	<i>Good for those with health concerns</i>	

Wednesdays		
9-10:00 am	Flow Yoga	<i>Mo</i>

Fridays		
9-10:00 am	Flow Yoga	<i>Melissa</i>

Saturdays		
11 am-12:00 pm	Tai Chi	<i>Lanny</i>
	<i>(Aug 8-Sep12)</i>	

Sundays		
11 am-12:00 pm	Forrest Yoga	<i>Lisa</i>

INDOORS & LIVE STREAMED

Booking Online Required to attend

Indoor Classes (limit 8 per class)

Tuesdays		
9-10:15 am	Iyengar Yoga	<i>Lauren</i>
	<i>Intermediate level</i>	
11am - 12:30 pm	Yoga Therapeutics Class	
	<i>By appointment only</i>	<i>Lauren/Assists.</i>
6:15-7:30 pm	Tues. Forrest Yoga	<i>Lisa</i>
	<i>Mixed Levels</i>	

Thursdays		
9-10:15 am	Iyengar Yoga	<i>Lauren</i>
	<i>Mixed Levels</i>	
11am-12:15 pm	Gentle Touch Yoga	<i>Lauren</i>
	<i>Good for those with health concerns</i>	

Saturdays		
8:30 - 10 am	Iyengar Yoga	<i>Lauren</i>
	<i>Mixed Levels</i>	

Sundays		
9-10:15 am	Meditation (Online)	<i>Ken</i>
	<i>All levels</i>	

CLASS FEES

**\$10 Drop -In for all
outdoor or indoor classes
OR**

Use OSYC Class Cards

*Buy OSYC Class Cards
at our **ONLINE STORE***

www.openspacesyoga.com

**See our website for
the full schedule of
AUGUST OUTDOOR "IN BLOOM"
yoga & Tai Chi classes with 8+
teachers from our local White
Mountain community.**

AND

***Please thank Ginger & Shane at
In Bloom for their generosity in
donating the use of their property for
these classes this summer.***