

Improve Bone Health

COMPREHENSIVE 8 WEEK SERIES # I

Jan 17 - Mar 7, FRIDAYS 12 - 1:15 pm

8 Week Series #2 will be offered starting in April. Details to follow



YOGA *for*

OSTEOPOROSIS

& Osteopenia

with Lauren Barnert-Hosie
Certified Iyengar Yoga Therapist

Nourish your bones by...

- Improving balance to help prevent falls
- Building bone density through muscle-to-bone actions
- Strengthening weight-bearing capacity with correct alignment

SERIES # I FEES

No-Drop Ins

Early Bird Special by Jan 15th

In-Studio \$160; Zoom \$120

After Jan 15th:

In-Studio \$200; Zoom \$160

Book In-Studio/Pay
Online or at the studio
www.openspacesyoga.com

ZOOM ACCESS
Upon Request

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OPEN SPACES YOGA CENTER

