

# **DYNAMIC FLOW YOGA**

*with MO LORD, Certified Yoga Instructor*



Come **ENERGIZE** your body  
by connecting **YOGA POSES** in a  
sequence to build **STRENGTH**,  
improve **FLEXIBILITY**, while  
focusing on **BALANCE** to help  
**YOU REVITALIZE.**  
**JUST GO WITH IT...!**

*Classes are modified to meet  
each student's specific needs.*  
**BEGINNERS ALWAYS WELCOME**

**FRIDAYS**  
**10:30-11:30 am**  
**Begins May 2<sup>nd</sup>**  
**OSYC Class Fees Apply**

**OPEN SPACES YOGA CENTER**  
**www.openspacesyoga.com • (928) 940-0996**

