



Open Center Yoga - Studio Class Schedule MARCH 2020

267-980-5833

102 Wood Street, Bristol, PA, 19007 www.OpenCenterYoga.com



Great for beginners! marked in green

[Download Schedule Online](#)

MONDAYS

10:00 - 11:00 AM	Gentle Yoga and Meditation	Danielle	Mellow Monday for Beginners
6:45 - 7:45 PM	Yoga- A Prana Power Flow	Lorean	PranaYama, Asana Power Flow. Shape the body with core activation.
8:15 - 9:15 PM	Gentle Yoga ending in Yoga Nidra	Lorean	Calming Stillness Practice, with Yogic Sleep

TUESDAYS

9:45 - 11:00 AM	Hatha Yoga	Lorean	Yoga flow to wake up and refresh.
11:00 - 12:00 PM	Free Yoga for Veterans	Kim	Meghan's Foundation for Veterans
7:45 - 9:00 PM	Hatha Yoga - Advancing Your Practice	Lorean	Flexibility & Transitions.

20 Min. by Donation PranaReiki Crystal Sessions with Lorean (or 30min, 45min & 60min.) Call/Email for Appt.

WEDNESDAYS

1:00 - 2:00 PM	Chair Yoga \$5	Rachel	Chair Supported Yoga
5:30 - 6:45 PM	Evening Chair Yoga	Rachel	Chair Supported Yoga
7:15 - 8:15 PM	Power Yoga	Jenn	A Modern Ashtanga inspired Power Yoga practice for vitality & strength

THURSDAYS

9:45 - 11:00 AM	Hatha Yoga & Meditation for Stillness	Lorean	Deepen your peace in focused movement & centered meditation
12:00 - 1:00 PM	Free Yoga for Veterans	Kim	Meghan's Foundation for Veterans
7:15 - 8:30 PM	Hatha Yoga Flow	Deanna	Asana Flow with Featured Music

FRIDAYS

11:00 - 12:15 PM	Community Hatha Yoga \$5 FRIDAY!	Lorean	All Levels Welcome
5:00 - 5:30 PM	Guided Meditation with Singing Bowls \$5	Rachel	Community gathering
6:00 - 7:00 PM	Buddhist Recovery Meeting- \$5 Suggested Donation. All Welcome!		buddhistrecoverybristol@gmail.com

SATURDAYS

8:45 - 9:45 AM	Gentle Yoga with Meditation	Danielle	Soothing Saturday Morning
10:15 - 11:30 AM	Hatha Yoga Flow	Lorean	Move, Sweat & Flow!
11:45 - 12:45 AM	Kid's Yoga- Mindfulness, Yoga Play & Hula Hoops!	Shannon	Ages 3- 12 Special Theme Each Week

SUNDAYS

9:00 - 10:00 AM	Buddhist Recovery Meeting \$5 Suggested Donation. All Welcome!		buddhistrecoverybristol@gmail.com
10:15 - 10:45 AM	\$5 Guided Meditation with Singing Bowls	Rachel	Community Centered Class
11:15 - 12:15 PM	Vinyasa Yoga	Erin	Vibrant Vinyasa Flow

WORKSHOPS AND SPECIALTY CLASSES

MON. 3/9	8:15-9:15pm A very peaceful Gentle Yoga class ending in Guided FULL VIRGO MOON meditation & Yoga Nidra. Led by Lorean walk-ins welcome. Regular rates apply.		
Sat.'s	11:45am-12:45pm KIDS YOGA & The 7 Chakras ~ with Ms. Shannon. The first 4! Exploring colors, and energy as wheels that channel love, peace, kindness, earth friendly practices and helping others. Ages 3-11yrs old.		
SAT. 3/21	10:15 - 11:30am 108 SUN SALUTATIONS in reflection of new beginnings, and maintaining one's balance in Spring Equinox. Shedding winters grip. Led by Lorean Walk-ins welcome. Regular rates apply.		

BOUTIQUE HOURS: Feel free to Shop our Boutique 15-30mins before and after class.

Walk-ins \$13 4 Classes for \$48 6 Classes for \$66 10 Classes for \$110 30 day pass for \$95
 Kid's classes: \$10/child, \$5/sibling 4-6-10 class packages 90 day expiration 30min. Meditation: \$5
 Pre- register and pay for workshops in studio, or at opencenteryoga.com