



Open Center Yoga - Studio Class Schedule



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100 Wood Street, Bristol, PA, 19007

JULY 2018

Time:		Class and Level:	Instructor:	About the Class:	
MONDAY					
9 - 10 AM		Gentle Yoga for Beginners	All Level	Brianna	
NEW!	6:45 - 7:45 PM	Intro to Power Yoga	Mixed Level	Jenn	FREE Community Class 7/9
8:15 - 9:15 PM		Gentle Yoga with Yoga Nidra	Mixed Level	Lorean	
TUESDAY					
9:45 - 11 AM		Advanced Hatha Yoga	Intermediate / Advanced	Lorean	
11 - 12 PM		Free Yoga for Veterans	All Level	Meghan's Foundation	
12 - 1 PM		Tai Chi with Marcus Veterans \$10	All Level	Marcus	
7:45 - 9 PM		Advanced Hatha Yoga	Intermediate / Advanced	Lorean	
WEDNESDAY					
9 - 10 AM		Hatha Yoga for Beginners	All Level	Shannon	
NEW!	1 - 2 PM	\$5 Chair Yoga	All Level	Caitlyn	Community Centered
7:15 - 8:15 PM		Ashtanga Inspired Power Yoga	Mixed Level	Jenn	Every 1st Wed. Hip-Hop Night!
THURSDAY					
10 - 11:15 AM		Traditional Hatha Yoga	Intermediate	Lorean	
12 - 1 PM		Free Yoga for Veterans	All Level	Meghan's Foundation	
7:15 - 8:30 PM		Traditional Hatha Yoga	Intermediate	Lorean	Featured Music Night
FRIDAY					
11 - 12:15 PM		\$5 Friday Morning Yoga	Mixed Level	Lorean	Community Centered
6 - 7 PM		Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
SATURDAY					
8:45 - 9:45 AM		Gentle Yoga with Meditation	Beginners	Danielle	
10:15 - 11:30 AM		Hatha Flow	Intermediate/ Advanced	Lorean	
11:45 - 12:45 PM		Kid's Yoga - To Be Announced.		Lorean	Ages: 4ish - 12ish
11:45 - 12:45 PM		Kid's YogaCrafts- Off for the Summer!		Caitlyn	Ages: 4ish - 12ish
SUNDAY					
9:30 - 10:30 AM		Hatha Vinyasa Yoga	Mixed Level	Brianna	
6:45 - 8 PM		Hatha Vinyasa Yoga	Mixed Level	Nikki	Recenter, Release, & Refuel
WORKSHOPS AND SPECIALTY CLASSES					
Fri. 7/6	5:00 - 8:00 PM	Stop into The Crafted Arts Boutique for First Friday, then a short walk around the corner to Creative Face face painting by Lorean!			
Sat. 7/14	1:00 - 3:00-ish PM	Craft Circle. Hang out and bring the things you're working on! Be a part of this community circle that exchanges knowledge and inspiration. Suggested \$5 donation if using boutique supplies.			
Sun. 7/22	11:00 - 12:00 PM	Yoga Nidra with Lorean- This month's guided visualization into yogic sleep has a focus on the 4th Chakra, Anahata Chakra. It is believed that we have 108 lines of energy that stem just from our heart space. Let's rediscover our personal connection to the Heart. Are you love? Are you peace? Are you aware that you personally are responsible to live within your happiness, and no body else can manage this for you? Then let me introduce you to your Heart chakra. \$10 or monthly pass. All Level. The 4th of 7 yoga nidras, each with a chakra focus.			
Hunter Gatherr at Black's Farm Yoga Schedule		Hunter Gatherr at Black's Farm, 150 Trenton Rd. Hulmeville, PA, 19047. 609-369-4064. Yoga on the Farm with Lorean on these days: Sunday July 15th and Sunday July 22nd, 8 PM. \$10 per person. PLEASE go to opencenteryoga.com for waiver!!			

Rates for Yoga: Walk-ins \$13 ~ 4 Classes for \$48 ~ 6 Classes for \$66 ~ 10 Classes for \$110 ~ 30 day pass for \$95

Pre Register for workshops in studio or at opencenter yoga.com

The Crafted Arts Boutique Wed. 9 - 11:30ish, Thurs. 9 - 11:30 ish, Fri. 9am - 7pm, Sat. 8:30 - 1 ish