



Open Center Yoga - Studio Class Schedule

opencenteryoga.com ~ 267-980-5833

AUGUST 2019

102 Wood Street, Bristol, PA, 19007 ~ Follow [OpenCenterYogaStudio](#) on



Time:	Class:	Level:	Instructor:	About the Class:
MONDAY				
9:00- 10:00 AM	Gentle Yoga for Beginners ****SUMMER SPECIAL**** 1/2 Off Walk-Ins!	Beginner	Danielle	A Peaceful Practice
1:30 - 2:30 PM	\$5 Chair Yoga	All Level	Rachel	Supported Yoga for Every Body
6:45 - 7:45 PM	Intro to Power Yoga	Beginner	Jenn	Beginner's Power Flow
8:15 - 9:15 PM	Gentle Yoga ending in Yoga Nidra	Beginner	Lorean	Stillness & Yogic Sleep
TUESDAY				
9:45 - 11:00 AM	Advancing into Hatha Yoga	Mixed Level	Lorean	Hatha Flow
11:00 - 12:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate	Lorean	Asana Progression, Yoga Flow
WEDNESDAY				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Rachel	Supported Yoga for Every Body
7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Every 1st Wed. Hip-Hop Night!
THURSDAY				
9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	Mixed Level	Lorean	Settle into Asana
12:00 - 1:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:15 - 8:30 PM	Hatha Yoga Flow	Intermediate / Advanced	Lorean	Featured Asana with Featured Music
FRIDAY				
11:00 - 12:15 PM	\$5 Friday Yoga	Mixed Level	Lorean	Community Centered Class
5:00 - 5:30 PM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
6:00 - 7:00 PM	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
8:00 - 9:15 PM	Hatha Yoga (Cancelled on 1st Fridays through Sept.)	Mixed Level	Brianna	A Flow for Resilience
SATURDAY				
8:45 - 9:45 AM	Gentle Yoga with Meditation	Beginners	Danielle	Soothing Saturday Morning
10:15 - 11:30 AM	Hatha Yoga	Mixed Level	Lorean	Move, Sweat & Flow!
SUNDAY				
NEW! 10:00 - 10:30 AM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
11:00 - 12:00 PM	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
4:00 - 5:00 PM	Yoga Recovery; NAMASTE SOBER is a non-profit org. for people in recovery exploring ways to improve mental and spiritual health through yoga and meditation. By donation.			
WORKSHOPS AND SPECIALTY CLASSES				
Sun. 8/11	6:00 - 7:00 PM	Brain Wave Meditation Workshop. Learn to lower your heart rate and de-stress while calming the nervous system through soundwaves. Adopt these techniques to deepen your meditation and open the gateway to your intuition. Channel your abilities for higher learning and focused memory. Led by Lorean. \$15/ person.		
Sat. 8/24	6:00 - 10:00 PM	OPEN CENTER YOGA'S 10 YEAR ANNIVERSARY! Free Community Celebration! Live Music- Door Prizes- Give Aways- Win a 30 Day Yoga Membership- Free Local Foods and Bevs!		
Fri. 8/2	5:00 - 8:00 PM	FIRST FRIDAYS! Stop into The Crafted Arts Boutique in the Open Center Yoga studio for crystals, handmade jewelry and fine art, and Open Center Yoga T-shirts! Then head over to Mill St. and Cedar for FREE face painting with Lorean and Danielle, and FREE henna designs !		
Walk-ins \$13 4 Classes for \$48 6 Classes for \$66 10 Classes for \$110 30 day pass for \$95 Guided Meditation: \$5 Pre- register for workshops in studio, or at opencenteryoga.com				