



Open Center Yoga - Studio Class Schedule FEBRUARY 2020

267-980-5833

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



Great for beginners!

[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.
<i>20 Min. PranaReiki Crystal Sessions with Lorean, by Donation. Call/Email to schedule</i>			

WEDNESDAYS

1:00 - 2:00 PM	\$5 Chair Yoga	Rachel	Chair Supported Yoga
5:45 - 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	\$5 Friday Yoga	Lorean	Community Centered Class
5:00 - 5:30 PM	\$5 Guided Meditation with Singing Bowls	Rachel	Community Centered Class
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 4ish- 12ish- 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

WED. 2/5	7:15-8:15pm	Old School Hip Hop Night! Power Vinyasa Flow with Jenn. Walk-ins welcome. <i>Regular rates apply</i>
Sun. 2/9	6:00-7:00pm	Leo Full Moon Guided Meditation with Singing Bowls Led by Rachel. Shed light on the darker parts of you... allow yourself to make space for deep healing under this full moon, evolving in its radiant Leo Light! <i>Registration required. Cost: \$15</i>
Sat. 2/29	10:15 - 11:30 AM.	Honoring Nature's cycles and its connection to our very existence through Asana. A reflection on the orbit of the Planets, Moon and Sun. Led by Lorean Walk-ins welcome. <i>Regular rates apply.</i>
Sat. 2/29	5:00-6:45pm	PranaDance! A Sacred Journey. Integrating the Yin & Yang, Work & Play. An Intuitive, Guided YogaDance Flow into the deep mysteries of the Soul. A Co-Ed Session exploring Chakra Dance, PranaYama & Free Form movement. Led by Lorean. <i>Registration Required. Cost: \$25 Reiki Charged Free Gift! Tea & Snacks</i>

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

Guided Meditation: \$5

Pre-register and pay for workshops in studio, or at opencenteryoga.com