



Open Center Yoga - Studio Class Schedule



100 Wood Street, Bristol, PA, 19007

OCTOBER

267-980-5833
opencentryoga.com

Time:	Class:	Instructor:	Level:
MONDAY			
NEW! 9 - 10 AM	Gentle Flow	Brianna	Beginners
8:15 - 9:15 PM	Evening Asana with Yoga Nidra	Lorean	Mixed Level
TUESDAY			
9:45 - 11 AM	Advancing into Asana	Lorean	Intermediate / Advanced
11 - 12 PM	Free Yoga for Veterans	Meghan's Foundation	All Level
7:45 - 9 PM	Advancing into Asana with Special Focus on Bandha	Lorean	Intermediate / Advanced
WEDNESDAY			
Special 10 - 11 AM	October 18th - Intro to Mat Pilates	Bettie	All Level
NEW! 3 - 4 PM	Chair Yoga \$5	Danielle	All Level
NEW! 7 - 8 PM	Power Yoga	Jenn	Mixed Level
THURSDAY			
10 - 11:15 AM	Traditional Hatha Yoga	Lorean	Intermediate
12 - 1 PM	Free Yoga for Veterans	Meghan's Foundation	All Level
7:15 - 8:30 PM	Featured Music Night Hatha Flow	Lorean	Intermediate
FRIDAY			
11 - 12:15 PM	\$5 Friday Morning Yoga	Lorean	Mixed Level
6 - 7 PM	Refuge Recovery with Brian- \$5 Suggested Donation- A Buddhist Path to Recovering from Any Addiction		
NEW! 7:30 - 8:30 PM	Heated Vinyasa Yoga	Natassia	Mixed Level
SATURDAY			
8:45 - 9:45 AM	Gentle Flow with Meditation	Lorean	Beginners
10:15 - 11:30 AM	Hatha Flow	Lorean	Intermediate/ Advanced
11:45 - 12:45 PM	Kid's Yoga 10/7 10/21 FREE face painting for Historic Bristol Day	Lorean	Ages: 4-10
11:45 - 12:45 PM	Kid's YogaCrafts 10/14 - Dream Catchers 10/28 - Glow-in-the-Dark Slime	Caitlyn	Ages: 4-10
SUNDAY			
NEW! 8:15 - 9:15 AM	Your Weekly Detox	Brianna	Mixed Level
10 - 11:30 AM	Alignment Based Vinyasa	Natassia	Intermediate

WORKSHOPS AND SPECIALTY CLASSES

10/5	7:15 - 8:30 PM	Full Moon Yoga and Moon Meditation with Lorean. Vibe out and get wild! Yoga dance to the Full Moon with Stevie Nicks as the featured artist for Music Night Hatha Flow. Regular class prices.
10/19	5:45 - 6:45 PM	Yoga Nidra with Lorean- This month's focus is on creating balance and harmony under the Libra New Moon. \$10 or monthly pass. All Level
10/19	7:15 - 8:30 PM	New Moon Yoga Featured Music Night with Portishead- helping to create balance and harmony under the Libra New Moon. Regular class prices.
10/23	7 - 8 PM	Yoga essential oil workshop with take home lava stone aromatherapy accessory, and custom oil blend. \$26 per person. Taught by Caitlyn. Pre-register at opencentryoga.com by 10/16 with 50% deposit.
10/28	1 - 2 PM	Prayer Feather Fan/ Plume Workshop. Make feather prayer fans to help waft your positive intentions to the universe, and sage-away negative energy! All materials provided, including Turkey feathers, semi precious stones and crystals, and sage bundle to take home! \$30/ person. Pre-register by 10/25 with 50% deposit at opencentryoga.com

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 opencentryoga.com

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