



Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

DECEMBER 2018

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	All Level	Danielle	
6:45 - 7:45 PM	Intro to Power Yoga	Mixed Level	Jenn	
8:15 - 9:15 PM	Yoga Nidra with Gentle Yoga	Mixed Level	Lorean	
TUESDAY				
9:45 - 11:00 AM	Advancing into Hatha Yoga	All Level	Lorean	
11:00 - 12:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
12:00 - 1:00 PM	Tai Chi with Marcus	All Level	Marcus	FREE for Veterans!
7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate / Advanced	Lorean	
WEDNESDAY				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Caitlyn	FREE Community Class 12/26
7:15 - 8:15 PM	Power Yoga	Mixed Level	Jenn	Every 1st Wed. Hip-Hop Night!
THURSDAY				
9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	All Level	Lorean	
12:00 - 1:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:15 - 8:30 PM	Traditional Hatha Yoga	Intermediate / Advanced	Lorean	Featured Music Thursday
FRIDAY				
11:00 - 12:15 PM	\$5 Friday Yoga	Mixed Level	Lorean	Community Centered
5:00 - 5:30 PM	Guided Meditation with Singing Bowls	Everyone	Rachel	\$5 Community Centered Class
6:00 - 7:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
SATURDAY				
8:45 - 9:45 AM	Soothing Saturdays- Gentle Yoga with Meditation	Beginners	Danielle	
10:15 - 11:30 AM	Hatha Flow	Intermediate / Advanced	Lorean	
11:45 - 12:45 PM	Kid's Yoga with Meditation and Hooping too!			
SUNDAY				
9:30 - 10:30 AM	Vinyasa Yoga	Mixed Level	Caris	
11:00 - 12:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
NEW! 8:00 - 9:00 PM	Teen Night!	Special Teen Class Package-	All Level	Shannon
	4 classes for \$35!			

WORKSHOPS AND SPECIALTY CLASSES

Holiday Schedule: So you can work on your home practice, we will be closed the following days: Monday 12/24, Tuesday 12/25, and Monday 12/31

Sat. 12/8	12:00 - 4:00 PM	**Winter Holiday Bazaar** Inexpensive items of all kinds: art, clothing, housewares, jewelry, bags, trinkets, toys, ornaments, etc. Special Kid's Shopping Booth! Helping kids to choose and buy their own gifts. Proceeds will be donated to The Synergy Project Bucks-helping homeless youth- facebook.com/thesynergyprojectbucks		
Sat. 12/22	10:15 - 11:30 AM 108 Sun Salutations	Dive into 108 Sun Salutations for the Winter Solstice. Darkness moves our soul towards the light of hope. Light will shine again! Welcome Solstice! Regular class rate applies.		
Sun. 12/23	12:30 - 1:00 PM	Thomas Merton said, "Solitude is not something you must hope for in the future. Rather, it is a deepening of the present, and unless you look for it in the present you will never find it." Once a month Open Center Yoga will offer a silent gathering for peace. A Mindful Meditation Session to reflect together as a community. Gather as neighbors, family and friends in our shared goal to live in peace. Quiet your mind and your soul will speak. 30 min. session- blankets and bolsters provided- beginners welcome- all communities welcome! By Donation. Guided by Lorean Murphy.		

Rates for Yoga: Walk-ins \$13 ~ 4 Classes for \$48 ~ 6 Classes for \$66 ~ 10 Classes for \$110 ~ 30 day pass for \$100 Kid's classes: \$10/child, \$5/sibling
Pre- register for workshops in studio, or at opencentryoga.com