

Open Center Yoga - Studio Class Schedule									
100 Wood Street, Bristol, PA, 19007					JUNE		267-980-5833 opencenteryoga.com		
Time:		Class:			Instructor:		Level:		
MONDAY									
10 - 11 AM		Gentle Flow			Lorean		Beginners		
8:15 - 9:30 PM		Evening Asana with Yoga Nidra			Lorean		Mixed Level		
NEW!	11:45-12:45 PM		Kid's Yoga 6/19 6/26			Lorean		Ages: 4-10	
TUESDAY									
9:45 - 11 AM		Advancing into Asana			Lorean		Intermediate / Advanced		
11 - 12 PM		Free Yoga for Veterans - Meghan's Foundation			Kim		All Level		
7:45 - 9 PM		Advancing into Asana			Lorean		Intermediate / Advanced		
WEDNESDAY									
1 - 2 PM		Chair Yoga & Mat Fusion		By Donation		Danielle		Seniors/Beginners & 'On the Mend'	
NEW!	7 - 8:15 PM		Dynamic Vinyasa Flow			Natassia		Mixed Level	
6/21	7 - 8 PM		Mat Pilates		3rd Wednesday Every Month		Natassia		Mixed Level
THURSDAY									
10 - 11:15 AM		Traditional Hatha Yoga			Lorean		Intermediate		
12 - 1 PM		Free Yoga for Veterans - Meghan's Foundation			Kim		All Level		
1:30 - 2 PM		Sound and Samadhi 30 Minute Meditation		\$5		Lorean		Tibetan Singing Bowls	
7:15 - 8:30 PM		Featured Music Night Hatha Flow			Lorean		Intermediate		
FRIDAY									
NEW!	7 - 8 AM		Wake Up and Glow!			Nikki		All Levels / Chair Yoga	
11 - 12:15 PM		\$5 Friday Morning Yoga			Lorean		Mixed Level		
NEW	TIME!	6 - 7 PM		Refuge Recovery \$5 Suggested Donation		Brian		A Buddhist Path to Recovering from Any Addiction	
SATURDAY									

Open Center Calendar for 6/17 - Sheet1

	8:45 - 9:45 AM	Gentle Flow with Meditation	Lorean	All Level	
	10:15-11:30 AM	Hatha Flow	Lorean	Intermediate/ Advanced	
	11:45-12:45 PM	Kid's Yoga 6/3 6/10 6/17	Lorean	Ages: 4-10	
	11:45-12:45 PM	Kid's YogaCrafts 6/24	Caitlyn	Ages: 4-10	
SUNDAY					
	8:15 - 9:15 AM	Wake Up and Glow!	Nikki	All Level	
	10 - 11:30 AM	Alignment Based Vinyasa	Natassia	Intermediate	
	12 - 2:00 PM	Hoop Jam 6/25 \$5 Fun and Refreshments!	Julie & Carmen	All Level	
WORKSHOPS AND SPECIALTY CLASSES					
6/2	11-12:15 PM	FIRST FRIDAY \$5 Friday will be done outside by the water, weather permitting!	with Lorean	All Levels	
6/10	11:45-12:45 PM	Monkeying Around with Anthony- our Handstand expert! \$10/ Child, \$5/ Sib	Ages: 4-10		
JULY	6 - 7:30 PM	Partner's Yoga with Lorean and Anthony	Lorean and Anthony	Mixed Level	
6/25	3 - 5 PM	108 Sun Salutations for the Summer Solstice with Natassia. \$20 or monthly pass.	All Level		
6/25	5:45 - 6:45 PM	Yoga Nidra with Lorean- Join us for a Summer Solstice new beginning guided meditation focusing on activating our Solar Plexus energy! \$10 or monthly pass.	All Level		
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 opencenteryoga.com					
The Crafted Arts Boutique - Wednesday through Saturday - 9ish to 5ish.					