



# Open Center Yoga - Studio Class Schedule





100 Wood Street, Bristol, PA, 19007

JANUARY

267-980-5833  
opcenteryoga.com

Time:	Class:	Instructor:	Level:
<b>MONDAY</b>			
9 - 10 AM	Gentle Yoga	Brianna	Beginners
8:15 - 9:15 PM	Evening Asana with Yoga Nidra	Lorean	Mixed Level
<b>TUESDAY</b>			
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	Lorean	Intermediate / Advanced
<b>WEDNESDAY</b>			
<b>NEW!</b> 9 - 10 AM	Mid-Week De-Stress Hatha Yoga	Great for Beginners!	Shannon All Level
3 - 4 PM	Chair Yoga \$5	Danielle	All Level
7 - 8 PM	Power Yoga	Jenn	Mixed Level
<b>THURSDAY</b>			
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- Chakra Vibrations!	Lorean	Intermediate
<b>FRIDAY</b>			
11 - 12:15 PM	\$5 Friday Morning Yoga	Lorean	Mixed Level
6 - 7 PM	Refuge Recovery- \$5 Suggested Donation- A Buddhist Path to Recovering from Any Addiction. All Welcome!		
<b>SATURDAY</b>			
8:45 - 9:45 AM	Gentle Flow with Meditation	1/13 & 1/27 Led by Danielle!	Lorean Beginners
10:15 - 11:30 AM	Hatha Flow	Lorean	Intermediate/ Advanced
11:45 - 12:45 PM	Kid's Yoga 1/13	1/27 InveTween - Inversion Poses for Tweens!	Lorean Ages: 4-10 & 8-12
11:45 - 12:45 PM	Kid's YogaCrafts 1/6	Can you Kazoo? 1/20 - Build Paper Towers!	Caitlyn Ages: 4-10
<b>SUNDAY</b>			
<b>NEW!</b> 9:30 - 10:30 AM	Your Weekly Detox Yoga	NEW TIME!	Brianna Mixed Level
6:45 - 8 PM	Recenter, Release, & Refuel		Nikki Mixed Level

## WORKSHOPS AND SPECIALTY CLASSES

1/1	8:15 - 9:15 PM	Monday's Evening Asana with Yoga Nidra- Wolf Full Moon in Cancer - Creating balance in the emotional body. Regular class rates apply.
1/14	5:45 - 6:45 PM	Yoga Nidra with Lorean- Guided visualization into yogic sleep with a focus on celebrating new beginnings and clearing obstacles with Ganesha. \$10 or monthly pass. All Level.
1/20	 8 - 9:15 PM	Yoga Witching Hour & Smudge Ceremony with Lorean - Bring your crystals and an alter piece to set your intentions for the New Year. Regular class rates apply. 
1/21	1 - 2 PM	Disciplined Mind and Financial Basics- Is 2018 the year you want to get your finances in order? As the "survival center," your root chakra plays a big part in attaining financial balance. Join Lorean and Caitlyn for a workshop filled with guided meditation and financial tips (budgeting and safe use of credit cards). \$15 /person. Please make a \$5 deposit in studio or at opcenteryoga.com by 1/17.
1/22	7 - 8 PM	Essential Oil Workshop. New Year, new you! Did you make a resolution for 2018? Come learn how essential oils can help you manage your stress levels, support your immune system, ease tummy troubles, and enhance your meditation and yoga practices. You will make a custom blend in a roller ball that you will take home with you. Led by Caitlyn! Please preregister by 1/17 with a 50% deposit. Total cost for the workshop is \$26, which includes all materials.
1/31	8:15 - 9:15 PM	Monday's Evening Asana with Yoga Nidra- Blue Moon in Leo- Set your intentions to turn a dead end into a new path! Regular class rates apply.

**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 opcenteryoga.com**

**The Crafted Arts Boutique Wed. 9 - 11:30ish, Thurs. 9 - 11:30 ish, Fri. 9am - 7pm, Sat. 8:30 - 12 ish**