



Open Center Yoga - Studio Class Schedule

opencenteryoga.com ~ 267-980-5833

APRIL 2019

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	Beginner	Danielle	A Peaceful Practice
1:30 - 2:30 PM	\$5 Chair Yoga- FREE COMMUNITY CLASS 4/15	All Level	Caitlyn	Supported Yoga for Every Body
6:45 - 7:45 PM	Intro to Power Yoga	Beginner	Jenn	Beginner's Power Flow
8:15 - 9:15 PM	Gentle Yoga ending in Yoga Nidra	Beginner	Lorean	Stillness & Yogic Sleep
TUESDAY				
9:45 - 11:00 AM	Advancing into Hatha Yoga	Mixed Level	Lorean	Hatha Flow
11:00 - 12:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate / Advanced	Lorean	Asana Progression, Yoga Flow
WEDNESDAY				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Caitlyn	Supported Yoga for Every Body
7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Every 1st Wed. Hip-Hop Night Vinyasa
THURSDAY				
9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	Mixed Level	Lorean	Settle into Asana
12:00 - 1:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:15 - 8:30	95° Heated Hatha Yoga	Mixed Level	Lorean	Gain flexibility & endurance with featured music
FRIDAY				
11:00 - 12:15 PM	\$5 Friday Yoga	Mixed Level	Lorean	Community Centered Class
5:00 - 5:30 PM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
6:00 - 7:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction.	\$5 Suggested Donation. All Welcome!		
8:00 - 9:15	Hatha Yoga	Mixed Level	Brianna	A Flow for Resilience
SATURDAY				
8:45 - 9:45 AM	Gentle Yoga with Meditation	Beginners	Danielle	Soothing Saturday Morning
10:15 - 11:30 AM	Hatha Yoga	Mixed Level	Lorean	Move, Sweat & Flow!
11:45 - 12:45 PM	Kid's Yoga with Meditation and Hooping	Kid's crafts with Shannon 4/27 after yoga!		
SUNDAY				
9:30 - 10:30 AM	Vinyasa Yoga	Intermediate	Caris	Sunday Morning Refresher
11:00 - 12:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction.	\$5 Suggested Donation. All Welcome!		
WORKSHOPS AND SPECIALTY CLASSES				
Mon. 4/15	1:30 - 2:30 PM	FREE COMMUNITY CLASS! Chair yoga for every body. An excellent class for beginners, seniors, and people on-the-mend!		
Sun. 4/14	6:30 - 7:30 PM	Sound, Salt, and Selenite Workshop. Centering our clarity of mind, clearing of space, and cleansing of spirit. Join us for some self-reiki and multiple singing bowl sound immersion, with the option to join in the experience! Bring your own bowl, or borrow one. Included is a selenite take-home gift to continue the cleansing of spirit- \$20 per person. Please pre-register in the studio or at opencenteryoga.com		
Sat. 4/27	12:45 - 1:15 PM	Kid's Crafts with Shannon, following Kid's Yoga (11:45 - 12:45). \$5 for kids who take the yoga class, \$10 for just the crafts hour.		
Sun. 4/28	12:30 - 1:00 PM	Open community silent meditation. Sit with us in peace and inner calmness. By Donation. Guided by Lorean Murphy.		
Sun. 4/28	6:30 - 7:30 PM	Soul Retrieval Workshop 2. A mindful journey to discovering the ancient pieces of Soul with Lorean. A guided visualization inspired by the Shaman practices of Soul Retrieval, walking you through personal self discovery. Awaken your ancient ties to the deep wisdom rooted in your soul. Explore patterns and attachments channeled through family lines of energy. \$30/ person, pre-register in studio or at opencenteryoga.com. Receive a prayer bracelet!		

Rates for Yoga: 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
 Pre- register for workshops in studio, or at opencenteryoga.com