



# Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

MAY 2019

102 Wood Street, Bristol, PA, 19007 ~ Follow [OpenCenterYogaStudio](#) on



Time:	Class:	Level:	Instructor:	About the Class:
<b>MONDAY</b>				
9:00- 10:00 AM	Gentle Yoga for Beginners	Beginner	Danielle	A Peaceful Practice
1:30 - 2:30 PM	\$5 Chair Yoga	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
<b>TUESDAY</b>				
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
<b>WEDNESDAY</b>				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Caitlyn	Supported Yoga for Every Body
<b>NEW!</b> 5:00 - 5:30 PM	<b>\$5 Guided Meditation with Singing Bowls</b>	All Level	Rachel	Community Centered Class
<b>NEW!</b> 5:45 - 6:45 PM	<b>Beginner's Evening Yoga</b>	Beginners	Danielle	Gentle Asana Flow
7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Every 1st Wed. Hip-Hop Night!
<b>THURSDAY</b>				
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 PM	Heated Hatha Yoga	Mixed Level	Lorean	Featured Asana with Featured Music
<b>FRIDAY</b>				
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 Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
8:00 - 9:15 PM	Hatha Yoga	Mixed Level	Brianna	A Flow for Resilience
<b>SATURDAY</b>				
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 5/25 after yoga!		
<b>SUNDAY</b>				
9:30 - 10:30 AM	Vinyasa Yoga	Intermediate	Caris	Sunday Morning Refresher
11:00 - 12:00 PM	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
<b>WORKSHOPS AND SPECIALTY CLASSES</b>				
Wed 5/15	5:00 - 5:30 PM	FREE COMMUNITY CLASS! Join Rachel for a 1/2 hour guided meditation / visualization, focusing on relaxation, grounding, and compassion- accompanied with singing bowls. All you need to do is listen and breathe ~		
Sun. 5/12	9:30 - 10:30 AM	Bring your Mama to Class for Free, Sunday 9am Vinyasa!		
Sat. 5/25	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. 5/26	12:30 - 1:00 PM	Open community silent meditation. Sit with us in peace and inner calmness. By donation. Guided by Lorean Murphy		
Fri. 5/4	5:00 - 8:00 PM	FIRST FRIDAYS! Stop into The Crafted Arts Boutique in the Open Center Yoga studio for crystals, handmade jewelry and fine art, and Open Center Yoga T-shirts! Then head over to Mill St. and Cedar for FREE face painting with Lorean and Danielle!		
<b>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</b> <b>Pre- register for workshops in studio, or at <a href="http://opencentryoga.com">opencentryoga.com</a></b>				