



Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

SEPTEMBER 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 for Every Body	All Level	Rachel	Supported Yoga
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
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	Lorean	Asana Progression, Yoga Flow
WEDNESDAY				
1:00 - 2:00 PM	\$5 Chair Yoga for Every Body	All Level	Rachel	Supported Yoga
NEW! 5:45 6:45 PM	\$5 Chair Yoga for Every Body	All Level	Rachel	Community Centered Class
7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Every 1st Wed. Hip-Hop Night!
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 PM	Hatha Yoga Flow	Intermediate / Advanced	Lorean	Featured Asana 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	Buddhist Recovery Meeting- A Buddhist path to recovering from any addiction. All Welcome! Contact us at: buddhistrecoverybristol@gmail.com			\$5 Suggested Donation.
8:00 - 9:15 PM	Hatha Yoga	NO CLASS 9/6, First Friday		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!
10:15 - 11:30 AM	Sat. 9/21 Fall Equinox 108 Sun Salutations			
11:45 - 12:45 AM	Kid's Yoga- Meditation and Hooping too!	Ages 4ish- 12ish		Shannon
SUNDAY				
NEW TIME! 9:00 - 10:00 AM	Buddhist Recovery Meeting- A Buddhist path to recovering from any addiction. All Welcome! Contact us at: buddhistrecoverybristol@gmail.com			\$5 Suggested Donation.
NEW! 10:15 - 10:45 AM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
NEW! 11:15 - 12:15 PM	Vinyasa Yoga	****STARTING ON 9/15****		Mixed Level Erin Vibrant Vinyasa Flow
WORKSHOPS AND SPECIALTY CLASSES				
Sun. 9/8	6:00 - 7:00 PM	Cultivate emotional well-being and invite your inner calm to come forward in this peaceful, Centering Sound Workshop. With the sounds of the Ocean Drum and Singing Bowls, explore, your vibrational pull into the earth. Through guided meditation, mantras, and seated relaxation stretches, free the emotional blocks that seed within your chakras that could be holding you back from self awareness and personal growth. \$15 per person. Please pre-register in studio or at opencentryoga.com.		
Sun. 9/22	6:00 - 7:30 PM	Inversion Workshop with Lorean & Anthony. Learn to gain strength in your core and balance in your alignment to bring you into that lift you have been waiting for. Join us in Headstand, Pincha and other modified inversions in this safe, supportive studio space. We welcome you to release your fear and join us for some upside down play in this fun class workshop! \$25/person. Pre-register in studio or at opencentryoga.com		
Fri. 9/6	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, and FREE henna designs!		

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 Guided Meditation: \$5
Pre- register for workshops in studio, or at opencentryoga.com



