



Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

FEBRUARY 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
6:45 - 7:45 PM	Intro to Power Yoga	Beginner	Jenn	Beginner's Power Flow
8:15 - 9:15 PM	Yoga Nidra with Gentle Yoga	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	Explore Asana with Chairs
NEW!! 5:45 - 6:45	<i>Hatha Yoga- Using blocks, straps, and bolsters!</i>	<i>Beginner</i>	<i>Shannon</i>	<i>Sunset Yoga FREE Community Class 1/16!</i>
7:15 - 8:15 PM	Power Yoga	Intermediate / Advanced	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
NEW!! 7:15 - 8:30	<i>Heated Hatha Yoga</i>	<i>Mixed Level</i>	<i>Lorean</i>	<i>Winter Warm-Up! Average Temp. 85!</i>
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!			
NEW!! 8:00 - 9:15	<i>Hatha Yoga</i>	<i>Mixed Level</i>	<i>Brianna</i>	<i>A Flow for Resilience!</i>
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 1/26 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!			
8:00 - 9:00 PM	Teen Night! Special Teen Class Package- 4 classes for \$35!			
		All Level	Shannon	Junior Spirit Sessions
WORKSHOPS AND SPECIALTY CLASSES				
Sun. 2/10	6:30 - 7:30 PM	Awaken Anahata Class Workshop- Join Caitlyn Adams as we move through a series of heart opening poses to awaken, cleanse, and refresh your heart chakra (Anahata). A healing mantra playing throughout our practice will assist the process. Final resting pose includes singing bowls and light reiki adjustments. \$20/person. Preregistration required and can be done on the website or in studio.		
Tues. 2/12	7:45 - 9:00 PM	On February 12th Jeff Orlowski will be playing eastern inspired originals. Throughout the session the music will consist of a drone note while the violin flows in and out of different scales creating a change in the mood throughout the session. We invite you to watch how your mind responds to changes in the music and hope you enjoy the sound of the violin. Regular class rates apply.		
Fri. 2/15	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. 2/24	6:30 - 7:30 PM	Join Jennifer Arteaga Palmer in a one hour Restorative Yoga Class. Restorative Yoga allows us to connect to the power of our breath creating space within our emotional body to heal. With the support of props, blankets, bolsters and blocks we are able to feel fully supported in a mindful relaxing practice. Final resting pose includes light Reiki energy healing. \$25/person. Preregistration required and can be done on the website or in studio. **Every student will receive a free restorative bundle!**		
Sat. 2/23	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. 2/24	12:30 - 1:00 PM	Thomas Merton said, "Solitude is not something you must hope for in the future. Rather, it is a deepening of the present, and unless you look for it in the present you will never find it." Once a month Open Center Yoga will offer a silent gathering for peace. A Mindful Meditation Session to reflect together as a community. Gather as neighbors, family and friends in our shared goal to live in peace. Quiet your mind and your soul will speak. 30 min. session- blankets and bolsters provided- beginners welcome- all communities welcome! By Donation. Guided by Lorean Murphy.		

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 opencentryoga.com