



# Open Center Yoga - Studio Class Schedule OCTOBER 2019



opencentryoga.com ~ 267-980-5833 ~ opencentryoga@gmail.com

102 Wood Street, Bristol, PA, 19007 ~ Follow: OpenCenterYogaStudio on

Time:	Class:	Level:	Instructor:	About the Class:
<b>MONDAY</b>				
1:30 - 2:30 PM	\$5 Chair Yoga for Every Body	All Level	Rachel	Chair Supported Yoga
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
**** 4:45 - 6:30 PM	<i>20 Minute Reiki Session with Lorean, by Donation. Call or email to schedule an appointment.</i>			
7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate	Lorean	Asana Progression, Yoga Flow
<b>WEDNESDAY</b>				
1:00 - 2:00 PM	\$5 Chair Yoga for Every Body	All Level	Rachel	Chair Supported Yoga
<b>NEW!</b> 5:45 - 6:45 PM	<i>Chair Yoga for Every Body</i>	<i>All Level</i>	<i>Rachel</i>	<i>Chair Supported Yoga</i>
7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Accelerated Yoga Sequences
<b>THURSDAY</b>				
9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	All Level	Lorean	Great for Beginners
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 w/ 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	Buddhist Recovery Meeting- A Buddhist path to recovering from any addiction. All Welcome! Contact: buddhistrecoverybristol@gmail.com			\$5 Suggested Donation.
<b>NEW!</b> 8:00 - 9:15 PM	<i>Vinyasa Yoga</i>	<i>Intermediate</i>	<i>Caris</i>	<i>Friday Night Asana</i>
<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 AM	Kid's Yoga- Meditation and Hooping too! Ages 4ish- 12ish		Shannon	
<b>SUNDAY</b>				
<b>NEW TIME!</b> 9:00 - 10:00 AM	Buddhist Recovery Meeting- A Buddhist path to recovering from any addiction. All Welcome! Contact: buddhistrecoverybristol@gmail.com			\$5 Suggested Donation.
<b>NEW!</b> 10:15 - 10:45 AM	<i>\$5 Guided Meditation with Singing Bowls</i>	<i>All Level</i>	<i>Rachel</i>	<i>Community Centered Class</i>
<b>NEW!</b> 11:15 - 12:15 PM	<i>Vinyasa Yoga</i>	<i>Mixed Level</i>	<i>Erin</i>	<i>Vibrant Vinyasa Flow</i>
<b>WORKSHOPS AND SPECIALTY CLASSES</b>				
Sun. 10/13	6:30 - 7:30 PM	Hunter's Full Moon Meditation about preparing and celebrating the transition of the season, with singing bowls and Reiki Prana Healing. Led by Lorean and Rachel. \$20/person. Pre-register in studio or at opencentryoga.com.		
Mon. 10/14	8:15 - 9:15 PM	Hunter's Full Moon Yoga Class. Regular class rates apply.		
Sat. 10/19		Historic Bristol Day Sale! 20% off all Boutique items!		
Sun. 10/20	5:00 - 5:30 PM	Community Silent Meditation. Focus on being present in this 30 min. silent meditation in the company of your community! Walk-in \$5. Led by Rachel.		
No Guided Meditation with Singing Bowls on 11/1 & 11/3				
<b>Walk-ins \$13    4 Classes for \$48    6 Classes for \$66    10 Classes for \$110    30 day pass for \$95</b>				
<b>Kid's classes: \$10/child, \$5/sibling                      Guided Meditation: \$5</b>				
<b>Pre- register for workshops in studio, or at opencentryoga.com</b>				