



Open Center Yoga - Studio Class Schedule JANUARY 2020

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



	Beginner	Intermediate	Everyone		
MONDAY					
NEW!	10:00 - 11:00 AM	Gentle Yoga and Meditation		Beginner	Danielle Mellow Monday
	6:45 - 7:45 PM	Yoga- A Prana Power Flow		All Level	Lorean Move your Asana! Shape the body with core
	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 Asana Progression, Yoga Flow
	11:00 - 12:00 PM	Free Yoga for Veterans		All Level	Meghan's Foundation
**** <i>By appointment</i> 20 Minute Reiki Session with Lorean, by Donation. Call or email to schedule.					
	7:45 - 9:00 PM	Advancing into Hatha Yoga		Intermediate	Lorean With Prana Reiki during Savasana
WEDNESDAY					
	1:00 - 2:00 PM	\$5 Chair Yoga for Every Body		All Level	Rachel Chair Supported Yoga
	5:45 - 6:45 PM	Chair Yoga for Every Body		All Level	Rachel Chair Supported Yoga
	7:15 - 8:15 PM	Power Yoga		Intermediate	Jenn Accelerated Yoga Sequences
THURSDAY					
	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	Deanna Asana Flow w/ 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: buddhistrecoverybristol@gmail.com			\$5 Suggested Donation.
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 AM	Kid's Yoga- Meditation and Hooping too!		Ages 4ish- 12ish	Shannon Special Theme Each Week
SUNDAY					
	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.
	10:15 - 10:45 AM	\$5 Guided Meditation with Singing Bowls		All Level	Rachel Community Centered Class
	11:15 - 12:15 PM	Vinyasa Yoga		Mixed Level	Erin Vibrant Vinyasa Flow

WORKSHOPS AND SPECIALTY CLASSES

Sun. 1/5
6:00 - 7:30 PM. Om My Gong! A Sonic Immersion & Controlled Breathing workshop. Pranayama breathing and guided meditation are the initial steps on the path to deep meditation. Combining Pranayama breathing with a sound bath, created using gongs and a variety of resonant instruments to open the Chakras, leads to a deeper meditative state. bring a Mat, small pillow & light blanket if you have them. Led by Michael O. and Kim. \$35/ person. Pre-register with payment in studio or at opcenteryoga.com

Sat. 1/25
2:00- 3:30 PM. Yantra Art Workshop. Through creative visual design and drishti (focus), power the mind. Sacred geometric forms channel your esoteric practices making Yantra Art a natural part of Yogic traditions. In this class workshop with Lorean, learn design, color and mantra used to create meditative imagery for reflection. As the design gradually grows towards center, it symbolizes your involution. Becoming an inner awareness guiding you home through the divinity in sacred arts. \$30/ per person. Pre-register with payment by 1/22.

CLOSED ON NEW YEAR'S DAY. HAPPY NEW YEAR!

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 opcenteryoga.com