



# Open Center Yoga - Studio Class Schedule DECEMBER 2019

opcenteryoga.com ~ 267.980.5833 ~ opcenteryoga@gmail.com

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



	Beginner	Intermediate	Everyone		
<b>MONDAY</b>					
<b>NEW!</b>	6:45 - 7:45 PM	<i>Prana Hatha Yoga- Move your Asana</i>		<i>All Level</i>	<i>Lorean</i> <i>Shape the body and free the mind</i>
	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 Asana Progression, Yoga Flow
	11:00 - 12:00 PM	Free Yoga for Veterans		All Level	Meghan's Foundation
<b>****</b>	<b>4:45 - 6:30 PM</b>	<b>20 Minute Reiki Session with Lorean, by Donation. Call or email to schedule an appointment.</b>			
	7:45 - 9:00 PM	Advancing into Hatha Yoga		Intermediate	Lorean With Prana Reiki during Savasana
<b>WEDNESDAY</b>					
	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
<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	Deanna Asana Flow 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>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 Special Theme Each Week
<b>SUNDAY</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.
	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
<b>WORKSHOPS AND SPECIALTY CLASSES</b>					
Tue. 12/17	7:45 - 9:00 PM. Moon Salutations in honor of the Full Moon. Regular class rates apply.				
Sat. 12/21	10:15- 11:30 AM. The practice of 108 Sun Salutations is a gathering that honors the completion of another cycle. Each Asana, each breath, aligning you with the seasonal change that represents the journey back home, to self. 108 Sun Salutations can be practiced in full or at your own pace. Join us for a warming flow to welcome in this Winter Season. Regular class rates apply				
Sat. 12/21	6:00 - 7:00 PM. A spirited evening of reflection with Prana Reiki Bodywork by Lorean, and Guided Meditation accompanied with Singing Bowls by Rachel. Space for only 15 people so sign up now! \$20/ person. Pre-register on line or in studio.				
Tue. 12/31	9:45 - 11 AM. New Year's Eve- Morning Class. Regular class rates apply.				
Upcoming workshops: January 5th, 6- 7:30 PM, Om My Gong- Sound and Meditation, \$35/person. January 18th, 2- 3:30 PM, Yantra Workshop, 1/2 Meditation, 1/2 Painting. \$30/person					
CLOSED ON THE FOLLOWING DAYS: 12/24 12/25 12/31 the 7:45 PM class 1/1/2020					
<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 opcenteryoga.com</b>					