



Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

JUNE 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	All Level	Rachel	Supported Yoga for Every Body
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 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	Lorean	Asana Progression, Yoga Flow
WEDNESDAY				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Rachel	Supported Yoga for Every Body
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	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
8:00 - 9:15 PM	Hatha Yoga <i>(NO CLASS the 1st Friday of every month through Sept.)</i>	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!
<i>We'll see you for Kid's Yoga in the Fall!</i>				
SUNDAY				
9:30 - 10:30 AM	Vinyasa Yoga	Intermediate	Caris	Sunday Morning Refresher
11:00 - 12:00 PM	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
WORKSHOPS AND SPECIALTY CLASSES				
Sun. 6/16	9:30 - 10:30 AM	Bring your Papa to Class for Free, Sunday 9am Vinyasa!		
Thu. 6/20	7:15 - 8:30 PM	Moon Salutations for the Solstice- A special practice during the regular class time. Chandra Namaskar- slowly and with ease channel the cooling energy of the moon. Cultivating the Lunar nectar 'Soma' and replenishing the energy of the rooted body. Practiced on an empty belly. \$13 walk-in, or 30 day class package.		
Sat. 6/22	10:15 - 11:30 AM	108 Sun Salutations for the Solstice- Surya Namaskar- heat up the body, mind, and spirit, in a fast-paced flow of asana, increasing the vital energy of prana. Digest the sun, balancing the 3 ayurvedic constitutions: Vata, Pitta & Kapha. Preparing for class: Bring a small towel, plenty of water and light clothing- practiced on an empty belly. \$13 walk-in, or 30 day class package.		
Fri. 6/7	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				
Pre- register for workshops in studio, or at opencentryoga.com				