



Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

MARCH 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
NEW!! 1:30 - 2:30 PM	\$5 Chair Yoga- FREE community class on 3/18	All Level	Caitlyn	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 / Advanced	Lorean	Asana Progression, Yoga Flow
WEDNESDAY				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Caitlyn	Supported Yoga for Every Body
NEW!! 5:30 - 6:30 PM	Family Yoga- Adults and Kids together!	All Level	Shannon	All Ages are Welcome!
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
7:15 - 8:30	Heated Hatha Yoga	Mixed Level	Lorean	Winter Warm-Up! Average Temp. 85
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!			
8:00 - 9:15	Hatha Yoga	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!
11:45 - 12:45 PM	Kid's Yoga with Meditation and Hooping Kid's crafts with Shannon 3/30 after yoga!			
SUNDAY				
NEW!! 8:30 - 9:00 AM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
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!			
WORKSHOPS AND SPECIALTY CLASSES				
Sun. 3/17	6:30 - 8:00 PM	Join us for a peaceful evening of color, sound, and gentle movement to promote balance within the body, mind, and spirit. Assisted and supported yoga, vocalizations, chakra lighting, and reiki followed by tea blooming reflection and discussion. Take-home gift too! With Lorean and Danielle. \$25/person. Please pre-register in studio or at opencentryoga.com.		
Mon. 3/18	1:30 - 2:30 PM	FREE COMMUNITY CLASS! Join Caitlyn for her new Chair Yoga class on Mondays, 130-230. Supported yoga for every body! FREE Class on 3/18!		
Sat. 3/23	10:15 - 11:30 AM	Spring Equinox 108 Sun Salutations- The Equinox reminds us of the wave of balance in light and darkness. Following this wave is a journey to transcend illusion and step into our authentic truth. As the light brightens and lasts longer, our soul's purpose begins to emerge. Through the dance of 108 sacred Sun Salutations, we capture the essence of light and healing in whole form. Gather with us in celebration. Regular class rates apply.		
Sun. 3/24	12:30 - 1:00 PM	Open community silent meditation. Sit with us in peace and inner calmness. By Donation. Guided by Lorean Murphy.		
Sat. 3/30	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. 3/31	6:30 - 7:45 PM	Jeff Orlowski will be playing eastern inspired original violin music. 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. Walk-in rates \$13, Member's discount- \$7. Pre-registration is required.		

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