



Open Center Yoga - Studio Class Schedule



100 Wood Street, Bristol, PA, 19007 MAY

267-980-5833 opencenteryoga.com

Time:	Class:	Instructor:	Level:
MONDAY			
10 - 11 AM	Gentle Flow	Lorean	Beginners
8:15 - 9:30 PM	Evening Asana with Yoga Nidra	Lorean	Mixed Level
TUESDAY			
9:45 - 11 AM	Advancing into Asana	Lorean	Intermediate / Advanced
11 - 12 PM	Free Yoga for Veterans - Meghan's Foundation	Kim	All Level
7:45 - 9 PM	Advancing into Asana	Lorean	Intermediate / Advanced
WEDNESDAY			
1 - 2 PM	Chair Yoga & Mat Fusion By Donation	Danielle	Seniors/Beginners & 'On the Mend'
THURSDAY			
10 - 11:15 AM	Traditional Hatha Yoga	Lorean	Intermediate
12 - 1 PM	Free Yoga for Veterans - Meghan's Foundation	Kim	All Level
1:30 - 2 PM	Sound and Samadhi 30 Minute Meditation \$5	Lorean	Tibetan/Crystal Singing Bowls
7:15 - 8:30 PM	Featured Music Night Hatha Flow	Lorean	Intermediate
FRIDAY			
11 - 12:15 PM	\$5 Friday Morning Yoga	Lorean	Mixed Level
5 - 6 PM	Refuge Recovery \$5 Suggested Donation	Brian	A Buddhist Path to Recovering from Any Addiction
7 - 8:15 PM	Heated Vinyasa Yoga	Natassia	Mixed Level
SATURDAY			
8:45 - 9:45 AM	Gentle Flow with Meditation	Lorean	All Level
10:15-11:30 AM	Hatha Flow	Lorean	Intermediate/ Advanced
11:45-12:45 PM	Kid's Yoga 5/13 5/27	Lorean	Ages: 4-10
11:45-12:45 PM	Kid's YogaCrafts 5/6 5/20	Caitlyn	Ages: 4-10
SUNDAY			
8:15 - 9:15 AM	Wake Up and Glow!	Nikki	All Level
10 - 11:30 AM	Alignment Based Vinyasa	Natassia	Intermediate
12 - 2:00 PM	Hoop Jam 5/21 \$5	Julie & Carmen	All Level
WORKSHOPS AND SPECIALTY CLASSES			
MANIFEST MAY - SPRING SPECIAL WEEKLY PASS! \$25 ALL CLASSES - ALL WEEK. A PASS TO TRY NEW THINGS ALL MAY.			
5/5 11-12:15 PM FIRST FRIDAY	\$5 Friday will be done outside by the water, weather permitting!	Lorean	All Level
5/5 5 - 7 PM FIRST FRIDAY	RedBird Reads Numerology Tarot \$20 for 15 min. Sign up in studio, or 267. 980. 5833	RedBird	Everyone
5/13 1145-1245 PM	Kid's Yoga- Monkeying Around with Anthony- our Handstand expert! \$10/ Child, \$5/ Sib	Anthony	Ages: 4-10
NEW! 5/24 7-8 PM	Mat Pilates One Wednesday Every Month	Natassia	Mixed Level
5/14	Sacred Feminine Morning Meditation Time TBA		
5/20 1 - 3 PM	RedBird Reads Numerology Tarot \$20 for 15 min. Sign up in studio, or 267. 980. 5833		Everyone
5/21 2 - 3:15 PM	Pranayama Workshop with Lorean: Align each Asana with your Pranic breath to channel light, renewal, and spirit. All Level. \$20 or monthly pass		
Rates for Yoga: Walk-ins \$13 ~ 4 Classes for \$48 ~ 6 Classes for \$66 ~ 10 Classes for \$110 ~ 30 day pass for \$95 Pre Register for workshops in studio or at opencenteryoga.com			
The Crafted Arts Boutique - Wednesday through Saturday - 9ish to 5ish.			