

Open Center Yoga - Studio Class Schedule

100 Wood Street, Bristol, PA, 19007		DECEMBER	267-980-5833 opcenteryoga.com	
Time:	Class:		Instructor:	Level:
MONDAY				
9 - 10 AM	Gentle Flow		Brianna	Beginners
8:15 - 9:15 PM	Evening Asana with Yoga Nidra		Lorean	Mixed Level
TUESDAY				
9:45 - 11 AM	Advancing into Asana offering Reiki during Savasana this month		Lorean	Intermediate / Advanced
11 - 12 PM	Free Yoga for Veterans		Meghan's Foundation	All Level
7:45 - 9 PM	Advancing into Asana offering Reiki during Savasana this month		Lorean	Intermediate / Advanced
WEDNESDAY				
3 - 4 PM	Chair Yoga \$5		Danielle	All Level
7 - 8 PM	Power Yoga		Jenn	Mixed Level
THURSDAY				
10 - 11:15 AM	Traditional Hatha Yoga		Lorean	Intermediate
12 - 1 PM	Free Yoga for Veterans		Meghan's Foundation	All Level
7:15 - 8:30 PM	Featured Music Night Hatha Flow- Drishti Music of the Decades 'till the New Year! 12/7 90's - 12/14 2000's - 12/21 2010's - 12/28 2017		Lorean	Intermediate
FRIDAY				
11 - 12:15 PM	\$5 Friday Morning Yoga		Lorean	Mixed Level
6 - 7 PM	Refuge Recovery- \$5 Suggested Donation- A Buddhist Path to Recovering from Any Addiction			
Heated Vinyasa Yoga Cancelled				
SATURDAY				
8:45 - 9:45 AM	Gentle Flow with Meditation		Lorean	Beginners
10:15 - 11:30 AM	Hatha Flow		Lorean	Intermediate/ Advanced
11:45 - 12:45 PM	Kid's Yoga 12/16 12/23 Face Paint & Hoop! 12/30 No yoga		Lorean	Ages: 4-10
11:45 - 12:45 PM	Kid's YogaCrafts 12/2 Fun with beads! Come make keychains, ornaments, bracelets, and more! 12/9 - Let's make Bookmarks!		Caitlyn	Ages: 4-10
SUNDAY				
8:15 - 9:15 AM	Your Weekly Detox There will be class 12/24!		Brianna	Mixed Level
NEW!	10 - 11 AM	Intro to Mat Pilates	Bettie	All Level
NEW!	6:45 - 8 PM	Recenter, Release, & Refuel No class 12/24!	Nikki	Mixed Level

WORKSHOPS AND SPECIALTY CLASSES

12/2	1 - 3 PM	Yoga and Yummies Fundraiser for Jill Chambers & Kirsten Schaney. Join us at Open Center Yoga for a 1/2 hour of Chair Yoga followed by home cooked buffet to raise funds for Kirsten's cancer care. \$25 per person. 100% of funds go to Kirsten and Jill!
12/3	5:45 - 6:45 PM	Yoga Nidra with Lorean- Guided visualization into yogic sleep with a focus on turning in and channeling the 1st Super Moon of the Winter. Accompanying Didgeridoo by Chris. \$10 or monthly pass. All Level.
12/17	7 - 8:30 PM	New Moon Restorative Reiki Workshop with healing stones and crystals, led by Lorean and Jenn. Snacks and bevs to follow! \$25/person - \$20 for monthly pass holders. Please pre-register in studio or at opcenteryoga.com
12/18	8:15 - 9:15	Evening Asana with Yoga Nidra- Guided visualization into yogic sleep with a focus on creating spiritual boundaries and channeling the 2nd Super New Moon of the Winter. (This will be during the usual Monday night class.)
12/18	7 - 8 PM	Essential Oil Workshop. Is stress getting the better of you this holiday season? Join us for a relaxing essential oil workshop! Make your own roller ball blend to help you hold onto your "om" no matter what happens! \$26/ person includes all supplies. Please pre-register by 12/13 with a 50% deposit. Led by Caitlyn.
12/24		NO 6:45 PM Recenter, Release, & Refuel CLASS CHRISTMAS EVE
12/25	7 - 8 PM	Special mixed level class with Nikki CHRISTMAS NIGHT!

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 opcenteryoga.com

The Crafted Arts Boutique Wed. 9 - 11:30ish, Thurs. 9 - 11:30 ish, Fri. 9am - 7pm, Sat. 8:30 - 12 ish