



Open Center Yoga - Studio Class Schedule



100 Wood Street, Bristol, PA, 19007

APRIL

267-980-5833

opencenteryoga.com

Time:	Class and Level:		Instructor:	About the Class:
MONDAY				
9 - 10 AM	Gentle Yoga for Beginners		All Level	Brianna
8:15 - 9:15 PM	Gentle Yoga with Yoga Nidra		Mixed Level	Lorean
Special Focus for the New Moon on the 16th, 8:15 - 9:15 PM Moon Monday Asana In Aries Gentle Yoga				
Special Focus for the Full Moon on the 30th, 8:15 - 9:15 PM Moon Monday Asana In Scorpio Gentle Yoga				
TUESDAY				
9:45 - 11 AM	Advanced Hatha Yoga		Intermediate / Advanced	Lorean
11 - 12 PM	Free Yoga for Veterans		All Level	Meghan's Foundation
12 - 1 PM	Tai Chi with Marcus	Veterans \$10	All Level	Marcus
7:45 - 9 PM	Advanced Hatha Yoga		Intermediate / Advanced	Lorean
WEDNESDAY				
9 - 10 AM	Hatha Yoga for Beginners		All Level	Shannon
3 - 4 PM	\$5 Chair Yoga		All Level	Danielle
7 - 8 PM	Ashtanga Inspired Power Yoga		Mixed Level	Jenn
THURSDAY				
10 - 11:15 AM	Traditional Hatha Yoga		Intermediate	Lorean
12 - 1 PM	Free Yoga for Veterans		All Level	Meghan's Foundation
7:15 - 8:30 PM	Traditional Hatha Yoga		Intermediate	Lorean
FRIDAY				
11 - 12:15 PM	\$5 Friday Morning Yoga		Mixed Level	Lorean
6 - 7 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
NEW! 7:30 - 8:30 PM	Hatha Yoga		All Level	Shannon
SATURDAY				
8:45 - 9:45 AM	Gentle Yoga with Meditation		Beginners	Danielle
10:15 - 11:30 AM	Hatha Flow		Intermediate/ Advanced	Lorean
11:45 - 12:45 PM	Kid's Yoga	4/7 4/21		Lorean
11:45 - 12:45 PM	Kid's YogaCrafts	4/14 Flower Pot Decorating		Lorean
	4/28 Recycled Bottle Birdfeeders		Caitlyn	
SUNDAY				
9:30 - 10:30 AM	Hatha Vinyasa Yoga		Mixed Level	Brianna
6:45 - 8 PM	Hatha Vinyasa Yoga		Mixed Level	Nikki
WORKSHOPS AND SPECIALTY CLASSES				
Sun. 4/1	Easter	NO CLASSES		
Tue. 4/3	12 - 1 PM	FREE COMMUNITY CLASS Tai Chi with Marcus. All levels welcome!		
Sun. 4/8	1:30 - 3:30 PM	Craft Circle. Hang out and bring things you're working on. Ya know what they say...Those who craft together..... Suggested \$5 donation.		
Sun. 4/8	5:45 - 6:45 PM	Yoga Nidra with Lorean- Guided visualization into yogic sleep with mantras and a focus on the 1st Chakra, Muladhara, the root chakra. \$10 or monthly pass. All Level. The 1st of 7 yoga nidras, each with a chakra focus.		
Sun. 4/22	Earth Day!	Brianna's 9:30 AM Special Theme: Earth Grounding Bliss Hatha Vinyasa- We'll Focus our intentions on recognizing our responsibility for a healthy sustainable environment and planet. Nikki's 6:45 PM Special Theme: Root Play: An Earth Day Inspired Practice. Join Nikki on your mat to getting rooted, find your balance, and ultimately get lifted!		
Sun. 4/22	11 - 1 PM	Metal Stamp bracelet cuffs and/or keychains with Rachel Snow Shay! \$25/ person, all supplies included. Please sign up for class- only 8 spaces open. Bring a brown bag lunch, if you wish!		
Sun. 4/29	3:30 - 4:30 PM	Restorative Reiki Workshop with healing stones and crystals, led by Lorean and Jenn. All Level. Snacks and bevs to follow! \$25/Person - \$20 for monthly pass holders. Please pre-register in studio or at opencenteryoga.com.		
Mon. 4/30	7 - 8 PM	Spring Cleaning Essential Oil Workshop - Cleaning isn't always fun, but what if we think about it as a new beginning? Join Caitlyn as we discuss how to use essential oils to keep your home clean in a healthy way. Make a custom spray you'll get to take home to help with your spring cleaning. \$26/person includes all supplies. Please pre-register with a 50% deposit by 4/26 in studio or at opencenteryoga.com		
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 Wed. 9 - 11:30ish. Thurs. 9 - 11:30 ish. Fri. 9am - 7pm. Sat. 8:30 - 1 ish				