



Open Center Yoga - Studio Class Schedule



100 Wood Street, Bristol, PA, 19007

MARCH

267-980-5833
opencentryoga.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
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	All Level	Marcus Veterans \$10
7:45 - 9 PM	Advanced Hatha Yoga	Intermediate / Advanced	Lorean
WEDNESDAY			
NEW! 9 - 10 AM	Hatha Yoga for Beginners	All Level	Shannon 3/7 FREE Community Class
3 - 4 PM	\$5 Chair Yoga	All Level	Danielle Community Centered
7 - 8 PM	Ashtanga Inspired Power Yoga	Mixed Level	Jenn Heated Room
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 Community Centered
6 - 7 PM	Refuge Recovery- \$5 Suggested Donation- A Buddhist Path to Recovering from Any Addiction. All Welcome!		
SATURDAY			
8:45 - 9:45 AM	Gentle Yoga with Meditation	Beginners	Lorean 3/10 & 3/24 Led by Danielle!
10:15 - 11:30 AM	Hatha Flow	Intermediate/ Advanced	Lorean
11:45 - 12:45 PM	Kid's Yoga 3/17 St. Patrick's Day Face Painting, 'Tattoos' & Hooping!	Lorean	Ages: 4-12 3/31 No Class
11:45 - 12:45 PM	Kid's YogaCrafts 3/3 Sock Caterpillar 3/10 Wearable Wings 3/24 SLIME	Caitlyn	Ages: 4-12
SUNDAY			
9:30 - 10:30 AM	Vinyasa Yoga	Mixed Level	Brianna
6:45 - 8 PM	Vinyasa Yoga	Mixed Level	Nikki Recenter, Release, & Refuel

WORKSHOPS AND SPECIALTY CLASSES

Wed.	9 - 10 AM	FREE COMMUNITY CLASS 3/7. 3/14, 3/21, 3/28 Bring a New-to-Open-Center-Yoga-Friend for FREE!
Sun. 3/11	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. 3/11	5:45 - 6:45 PM	Yoga Nidra with Lorean- Guided visualization into yogic sleep with a focus on planting the seeds of gratitude to channel new beginnings as we prepare for spring. "The thankful receiver bears a plentiful harvest." William Blake. \$10 or monthly pass. All Level.
Sat. 3/17	6:30 - 7:30 PM	Primal Motion- A Kundalini dance to activate the Shiva Shakti within. All Level. Regular class rates apply.
Mon. 3/26	7 - 8 PM	Confidence Boosting Oil Workshop- As Spring gets us thinking about renewal and new beginnings, let's give our confidence a boost! Join Caitlyn as we discuss how to use essential oils to put some pep in your step and make you feel ready to conquer the world. Make your own custom blend in a 10ml roller bottle. \$26/person includes all supplies. Please pre-register with a 50% deposit by 3/21 in studio or at opencentryoga.com
Mon. 3/19	6:15 - 7:45 PM	Malas & Merlot on a Monday Workshop with Nikki Wright! We will provide the materials and guidance for you make your own mala necklace-aka-meditation beads. Bring any special beads, charms, stones, or tassels that you want to incorporate into your piece; as well as any snacks and beverages that you'd like to enjoy. \$26 per person. \$13 pre- registration by 3/14 in studio or at opencentryoga.com, and \$13 at the event.
Tues. 3/20	6 - 7:30 PM	Spring Equinox 2018 108 Sun Salutations With Lorean. Our Equinox Yoga offering will go on until 7:30pm, completing 108 sun salutations. We will take a 15 min. break picking back up for the regular asana 7:45pm-9pm class. Preparing for class: Bring a small towel, plenty of water and light clothing. Eat light the same day and stop eating by 4pm. And as always, dont forget child's pose when needed. \$13 walk-in, or 30 day class package.
Sat. 3/31	11:45 - 12:45 PM	NO CLASS for Kids Yoga
Sun. 4/1	Easter	NO CLASS Vinyasa Yoga 9:30 - 10:30 AM Vinyasa Yoga- Recenter, Release, and Refuel. To be determined.

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 opencentryoga.com

The Crafted Arts Boutique Wed. 9 - 11:30ish, Thurs. 9 - 11:30 ish, Fri. 9am - 7pm, Sat. 8:30 - 1 ish