



Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

SEPTEMBER 2018

100 Wood Street, Bristol, PA, 19007 ~ Follow OpenCenterYogaStudio on



Time:	Class:	Level:	Instructor:	About the Class:
MONDAY				
9 - 10 AM	Gentle Yoga for Beginners	All Level	Brianna	
6:45 - 7:45 PM	Intro to Power Yoga	Mixed Level	Jenn	
8:15 - 9:15 PM	Yoga Nidra with Gentle Yoga	Mixed Level	Lorean	No eve. class 9/3 Labor Day
TUESDAY				
9:45 - 11 AM	Advancing into 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	Marcus	
7:45 - 9 PM	Advancing into Hatha Yoga	Intermediate / Advanced	Lorean	
WEDNESDAY				
1 - 2 PM	\$5 Chair Yoga	All Level	Caitlyn	Community Centered Class
7:15 - 8:15 PM	Ashtanga Inspired Power Yoga	Mixed Level	Jenn	Every 1st Wed. Hip-Hop Night!
THURSDAY				
<i>New Time</i> 9:45 - 11 AM	<i>Traditional Hatha Yoga & Meditation</i>	<i>Intermediate</i>	<i>Lorean</i>	<i>New Time!</i>
12 - 1 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:15 - 8:30 PM	Traditional Hatha Yoga	Intermediate / Advanced	Lorean	Featured Music: Movie Soundtracks!
FRIDAY				
11 - 12:15 PM	\$5 Friday Yoga	Mixed Level	Lorean	Community Centered
<i>NEW!</i> 5 - 5:30 PM	<i>Guided Meditation with Nepali Singing Bowl</i>	<i>Everyone</i>	<i>Rachel</i>	<i>\$5</i>
6 - 7 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
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- Meditation and Hooping too!		Lorean	Ages: 4ish - 12ish
<i>9/8</i> 11:45 - 12:45 PM	<i>2nd Saturday Family Hour! Kid's Yoga with Danielle and Vision Boards with Art Therapist Tori for the Grown-ups!</i>			
SUNDAY				
9:30 - 10:30 AM	Hatha Vinyasa Yoga	Mixed Level	Brianna	
<i>NEW!</i> 11 - 12 PM	<i>Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!</i>			
WORKSHOPS AND SPECIALTY CLASSES				
Fri. 9/7	5:00 - 8:00 PM	Stop into The Crafted Arts Boutique for First Friday, then a short walk around the corner to Creative Face face painting by Lorean!		
Fri. 9/14	7:45 - 9:45 PM	☑Power To Restore Workshop☑ w/ Lorean and Jennifer. A Prana Infused practice to awaken the Kundalini and elevate each center. Follow Jenn as she leads you on a Heated Power Yoga practice with Assisted Alignment offered by Lorean. In our last hour, melt into a sequence of supported asana leaving the soul swimming in calmness. Channel Prana through Reiki and Smudge cleanse while resting in Asana. All students will receive a gift offering of watermelon and other fruits served in a handcrafted mini mason jar after for hydration and to replenish. Register Today! Space is limited and fill quickly. Cost: \$30 ☑		
Fri. 9/21	7:45 - 9:45 PM	Yoga on the Farm at Hunter Gatherr at Black's Farm, 150 Trenton Rd. Hulmeville, PA, 19047. 609-369-4064- with Lorean, 8 PM. \$10 per person. PLEASE go to opencentryoga.com for waiver!!		
Sat. 9/22	10:15 - 11:30 AM	108 Sun Salutations for the Autumn Equinox. While we watch as the days become shorter, the Sun sends its solar light evenly against the earth. Autumn Equinox is our reminder of what darkness still resides in us. Lets align with Source through the practice of Prana Vayu and Surya Namaskar. As the Autumn leaves use up their energy, change color and gracefully let go. So shall what no longer serves you. By connecting the spirit and body through the practice of 108, there is a rebirth that sparks deep within the core. Lorean will offer this seasonal practice at our 10:15am regular Saturday class time. You are welcome to join Danielle for a gentle early practice at 8:45am and stay after for 108!		
Fri. 9/28	7:00 - 10:00 PM	Bija Bliss - A Meditation Immersion- Register Today!!!! Bija Bliss is a seed sound session to re-activate your chakras, lead by Lorean Murphy, Caitlyn Adams and Danielle Joy. Join us as we create grounding space to channel the natural path of your light source, Prana, in an opening smudge ceremony for cleansing. Dive into the harmony of Tibetan Singing Bowls played by Caitlyn, activating the 5 elements and their primal source. Experience the vibrational healing of sound as Danielle chants each Bija Mantra with each note, purifying the nadis (subtle channels of energy.) Following is Yoga Nidra guided by Lorean. This will melt away your fears and discomforts with a focused visualization to remove the spirit from its auto pilot mode and liberate your heart back to its birth place of renewal and freedom. This 3 hr. immersion includes Reiki with Lorean & Caitlyn, and a closing smudge ceremony with Danielle. Afterwards, stay for snacks and FREE henna tattoo! Registration required. \$30 7-10pm		

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