



Open Center Yoga - Studio Class Schedule

opencenteryoga.com ~ 267-980-5833

JULY 2019

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



Time: Class: Level: Instructor: About the Class:

MONDAY

9:00- 10:00 AM	<i>Gentle Yoga for Beginners</i> ****SUMMER SPECIAL**** 1/2 Off Walk-Ins!	Beginner	Danielle	A Peaceful Practice
1:30 - 2:30 PM	\$5 Chair Yoga	All Level	Rachel	Supported Yoga for Every Body
6:45 - 7:45 PM	Intro to Power Yoga	Beginner	Jenn	Beginner's Power Flow
8:15 - 9:15 PM	Gentle Yoga ending in Yoga Nidra	Beginner	Lorean	Stillness & Yogic Sleep

TUESDAY

9:45 - 11:00 AM	Advancing into Hatha Yoga	Mixed Level	Lorean	Hatha Flow
11:00 - 12:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate	Lorean	Asana Progression, Yoga Flow

WEDNESDAY

1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Rachel	Supported Yoga for Every Body
7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Every 1st Wed. Hip-Hop Night!

THURSDAY

9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	Mixed Level	Lorean	Settle into Asana
12:00 - 1:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:15 - 8:30 PM	Hatha Yoga Flow	Intermediate / Advanced	Lorean	Featured Asana with Featured Music

FRIDAY

11:00 - 12:15 PM	\$5 Friday Yoga	Mixed Level	Lorean	Community Centered Class
5:00 - 5:30 PM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
6:00 - 7:00 PM	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			
8:00 - 9:15 PM	Hatha Yoga (Cancelled on 1st Fridays through Sept.)	Mixed Level	Brianna	A Flow for Resilience

SATURDAY

8:45 - 9:45 AM	Gentle Yoga with Meditation	Beginners	Danielle	Soothing Saturday Morning
10:15 - 11:30 AM	Hatha Yoga	Mixed Level	Lorean	Move, Sweat & Flow!

We'll see you for Kid's Yoga in the Fall!

SUNDAY

9:30 - 10:30 AM	Vinyasa Yoga	Intermediate	Caris	Sunday Morning Refresher
11:00 - 12:00 PM	Refuge Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome!			

NEW! 4:00 - 5:00 PM Yoga Recovery: NAMASTE SOBER is a non-profit org. for people in recovery exploring ways to improve mental and spiritual health through yoga and meditation. By donation.

WORKSHOPS AND SPECIALTY CLASSES

Thu. 7/4 CLOSED THURSDAY, JULY 4TH

Sun. 7/28 7:00 - 8:30 PM Channel and harness your Prana (life force/ chi/ ATP) through the practice of bandhas (energy locks). A 90 minute workshop on Yoga techniques to prevent and alleviate any symptoms of dis-ease, improve metabolic processes and optimize the functions of various hormonal glands. To fully experience the best effects of this workshop I suggestion eating two hours prior to class. Led by Brianna. \$25/person. Members \$20 Pre-register at opencenteryoga.com or in studio.

Fri. 6/7 5:00 - 8:00 PM FIRST FRIDAYS! Stop into The Crafted Arts Boutique in the Open Center Yoga studio for crystals, handmade jewelry and fine art, and Open Center Yoga T-shirts! Then head over to Mill St. and Cedar for FREE face painting with Lorean and Danielle, and FREE henna designs !

Walk-ins \$13 4 Classes for \$48 6 Classes for \$66 10 Classes for \$110 30 day pass for \$95

Kid's classes: \$10/child, \$5/sibling

Pre- register for workshops in studio, or at opencenteryoga.com