



# Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

NOVEMBER 2018

102 Wood Street, Bristol, PA, 19007 ~ Follow [OpenCenterYogaStudio](#) on



Time:	Class:	Level:	Instructor:	About the Class:
<b>MONDAY</b>				
9:00- 10:00 AM	Gentle Yoga for Beginners	All Level	Danielle	
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	
<b>TUESDAY</b>				
9:45 - 11:00 AM	Advancing into Hatha Yoga	All Level	Lorean	3 wk Transition Series
11:00 - 12:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
12:00 - 1:00 PM	Tai Chi with Marcus	All Level	Marcus	<b>FREE for Veterans!</b>
7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate / Advanced	Lorean	3 wk Transition Series
<b>WEDNESDAY</b>				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Caitlyn	Community Centered Class
7:15 - 8:15 PM	Power Yoga	Mixed Level	Jenn	Every 1st Wed. Hip-Hop Night!
<b>THURSDAY</b>				
9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	All Level	Lorean	Special Gratitude Class 11/22
12:00 - 1:00 PM	Free Yoga for Veterans	All Level		Meghan's Foundation
7:15 - 8:30 PM	Traditional Hatha Yoga	Intermediate / Advanced	Lorean	Featured Music Thursday
<b>FRIDAY</b>				
11:00 - 12:15 PM	\$5 Friday Yoga	Mixed Level	Lorean	Community Centered
5:00 - 5:30 PM	Guided Meditation with Singing Bowls	Everyone	Rachel	\$5 Community Centered Class
6:00 - 7:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
<b>SATURDAY</b>				
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 with Meditation and Hooping too!			
<b>SUNDAY</b>				
9:30 - 10:30 AM	Vinyasa Yoga	Mixed Level	Caris	
11:00 - 12:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
<b>NEW!</b> 8:00 - 9:00 PM	<b>Teen Night!</b>	<b>Special Teen Class Package-</b>	<b>All Level</b>	<b>Shannon FREE CLASS 11/25</b>
	<b>4 classes for \$35!</b>			

## WORKSHOPS AND SPECIALTY CLASSES

Holiday Schedule: No evening class Wednesday 11/21, or evening Thursday 11/22. SPECIAL Gratitude class Thursday morning 11/22.

All Walk-in classes FREE for VETS on Veterans Day 11/12

Tuesday 11/13, 11/20 & 11/27 9:45am & 7:45pm Advanced Transitions Tuesdays with Lorean. There is an 'in between' that the body becomes conscious of in order to complete a yoga pose. Come to know the body and spirit as the observer, while advancing your yoga practice. Floating, inverting and binding with a soft pause. All levels welcome to challenge the spirit in whole. Walk ins welcome! Regular class rates apply.

Fri. 11/2	8:00 PM	Meditation on the Farm with 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. 11/10	1:00 - 3:30 PM	Getting Back to your Roots: A Revitalizing Yoga and Mindful Nature Walk- with Shannon 2.5 hours walking and yoga along nature's path in Tyler State Park. \$30/ person. Registration required with \$15 deposit. Register in studio or at opencentryoga.com. More details at opencentryoga.com and on Facebook/Open Center Yoga Studio		
Fri. 11/23	SALE!	Black Friday- Full Moon Gratitude Sale! One day only- 20% off Yoga Gift Certificates, and 20% off Boutique items.		
Sun. 11/25	12:30 - 1:00 PM	Mindful Bristol is a 1/2 hour silent meditation to bring the 007 community together. Be still and present with your neighbors. People from all areas are welcome! By donation. Led by Lorean.		

**Rates for Yoga: 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 opencentryoga.com**