



Open Center Yoga - Studio Class Schedule



100 Wood Street, Bristol, PA, 19007

NOVEMBER

267-980-5833
opencentryoga.com

| Time: | Class: | Instructor: | Level: |
|------------------------|---|---------------------|-------------------------|
| MONDAY | | | |
| 9 - 10 AM | Gentle Flow | Brianna | Beginners |
| 8:15 - 9:15 PM | Evening Asana with Yoga Nidra | Lorean | Mixed Level |
| TUESDAY | | | |
| 9:45 - 11 AM | Advancing into Asana with Special Focus Seed Sound Mantras | Lorean | Intermediate / Advanced |
| 11 - 12 PM | Free Yoga for Veterans | Meghan's Foundation | All Level |
| 7:45 - 9 PM | Advancing into Asana with Special Focus on Seed Sound Mantras | Lorean | Intermediate / Advanced |
| WEDNESDAY | | | |
| Special 11/15 10-11 AM | November 15th - Intro to Mat Pilates | Bettie | All Level |
| 3 - 4 PM | Chair Yoga \$5 | Danielle | All Level |
| 7 - 8 PM | Power Yoga | Jenn | Mixed Level |
| THURSDAY | | | |
| 10 - 11:15 AM | Traditional Hatha Yoga | Lorean | Intermediate |
| 12 - 1 PM | Free Yoga for Veterans | Meghan's Foundation | All Level |
| 7:15 - 8:30 PM | Featured Music Night Hatha Flow- Drishti Music of the Decades 'till the New Year! 11/2 50's - 11/9 60's - 11/16 70's - 11/30 80's | Lorean | Intermediate |
| FRIDAY | | | |
| 11 - 12:15 PM | \$5 Friday Morning Yoga | Lorean | Mixed Level |
| 6 - 7 PM | Refuge Recovery with Brian- \$5 Suggested Donation- A Buddhist Path to Recovering from Any Addiction | | |
| NEW! 7:30 - 8:30 PM | Heated Vinyasa Yoga | Natassia | Mixed Level |
| SATURDAY | | | |
| 8:45 - 9:45 AM | Gentle Flow with Meditation | Lorean | Beginners |
| 10:15 - 11:30 AM | Hatha Flow | Lorean | Intermediate/ Advanced |
| 11:45 - 12:45 PM | Kid's Yoga 11/4 Bristol's Holiday Parade! | Lorean | Ages: 4-10 |
| 11:45 - 12:45 PM | Kid's YogaCrafts 11/11 - Figure 8, No Sew, Fleecy Scarves 11/18 - Construction Paper Grateful Turkeys | Caitlyn | Ages: 4-10 |
| SUNDAY | | | |
| 8:15 - 9:15 AM | Your Weekly Detox | Brianna | Mixed Level |
| NEW! 6:45 - 8 PM | Recenter, Release, & Refuel | Nikki | Mixed Level |

WORKSHOPS AND SPECIALTY CLASSES

| | | |
|-------|----------------|--|
| 11/18 | 7 - 8:30 PM | New Moon Restorative Reiki Workshop with healing stones and crystals, led by Lorean and Jenn. Snacks and bevs to follow! \$25/person - \$20 for monthly pass holders. Please pre-register in studio or at opencentryoga.com |
| 11/20 | 7 - 8 PM | Gratitude essential oil workshop. You can use essential oils to lift your spirits and promote feelings of appreciation. You will get to make a custom blend in a roller ball bottle to take home with you. And since Thanksgiving is coming up, we will also talk about how essential oils can support your digestive system! \$26/ person includes all supplies. Please pre-register by 11/16 with a 50% deposit. Led by Caitlyn. |
| | CLOSED | THANKSGIVING DAY 11/23 |
| 11/26 | 5:45 - 6:45 PM | Yoga Nidra with Lorean- Guided visualization into yogic sleep with a focus on gratefulness and mindfulness. Accompanying Didgeridoo by Chris. \$10 or monthly pass. All Level. **PLEASE SIGN UP FOR THIS CLASS. IT WILL BE CANCELED WITH FEWER THAN 5 PEOPLE DUE TO THE HOLIDAY. THANK YOU!** |

Bristol Tree Lighting Event, Friday, 24th, 6 PM (No Heated Vinyasa Yoga Class.) Bristol Holiday Parade, Saturday, 25th, 1 PM

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 Thurs. 9 - 11:30 ish, Fri. 9am - 7pm, Sat. 8:30 - 12 ish, Sun. 8 - 11:30 ish