



Open Center Yoga - Studio Class Schedule



100 Wood Street, Bristol, PA, 19007

SEPTEMBER

267-980-5833
opencentryoga.com

Time:	Class:	Instructor:	Level:
MONDAY			
NEW! 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	Lorean	Intermediate / Advanced
11 - 12 PM	Free Yoga for Veterans - Meghan's Foundation	Kim	All Level
7:45 - 9 PM	Advancing into Asana	Lorean	Intermediate / Advanced
WEDNESDAY			
Special 9 - 10 AM	Special Focus on Opening the Heart through Asana 9/6, 9/13, 9/20	Nikki	All Level
NEW! 3 - 4 PM	Chair Yoga \$5	Danielle	All Level
NEW! 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	Kim	All Level
7:15 - 8:30 PM	Featured Music Night Hatha Flow	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		
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 9/2 9/16- Monkeying Around with Anthony	Lorean	Ages: 4-10
11:45 - 12:45 PM	Kid's YogaCrafts 9/9 - Treasure Box 9/23 - Binder Journals	Caitlyn	Ages: 4-10
SUNDAY			
8:15 - 9:15 AM	Wake Up and Glow!	Nikki	All Level
10 - 11:30 AM	Alignment Based Vinyasa	Natassia	Intermediate
9/24 12 - 2:00 PM	Hoop Jam \$5/Person Fun and Refreshments!	Julie & Carmen	All Level

WORKSHOPS AND SPECIALTY CLASSES

9/17	4 - 5:15 PM	Mudra Workshop with Lorean. Listen deeply to your subtle body and divine nature as we incorporate Mudra locks into Asana Flow. Release old habits, and ways of being that are no longer beneficial to you through the integration of pranayama and Mudra practice. \$10 or monthly pass. All level.
9/17	5:45 - 6:45 PM	Yoga Nidra with Lorean- Focusing on letting go of habits and ways of being that are not beneficial to you. \$10 or monthly pass. All Level
9/30	11:45 - 12:45 PM	Special 1/2 hour Meditation and Bake Sale Fundraiser for OPEN CENTER YOGA!

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. 9-2ish, Thurs. 9-12ish, Fri. 7am - 7pm, Sat. 8:30- 1ish, Sun. 8-12ish

!! COUPON !!

SEPTEMBER IS YOGA AWARENESS MONTH! You may be aware but are all of your peeps? Try these NEW classes in September, and receive a piece of paper that lets ya bring a New-to-Open-Center-Yoga buddy to any class for FREE! Mon. 9 - 10 AM, Gentle Flow with Brianna - Wed. Sept 6,13,20 Opening the Heart with Nikki - Wed. 7 - 8 PM, Power Yoga with Jenn NEW STUDENTS WELCOME!