



# Open Center Yoga - Studio Class Schedule

opencentryoga.com ~ 267-980-5833

JANUARY 2019

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	Beginner	Danielle	A Peaceful Practice
6:45 - 7:45 PM	Intro to Power Yoga	Beginner	Jenn	Beginner's Power Flow
8:15 - 9:15 PM	Yoga Nidra with Gentle Yoga	Beginner	Lorean	Stillness & Yogic Sleep
<b>TUESDAY</b>				
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 / Advanced	Lorean	Asana Progression, Yoga Flow
<b>WEDNESDAY</b>				
1:00 - 2:00 PM	\$5 Chair Yoga	All Level	Caitlyn	Explore Asana with Chairs
<b>NEW!!</b> 5:45 - 6:45	<i>Hatha Yoga- Using blocks, straps, and bolsters!</i>	<i>Beginner</i>	<i>Shannon</i>	<i>Sunset Yoga FREE Community Class 1/16!</i>
7:15 - 8:15 PM	Power Yoga	Intermediate / Advanced	Jenn	Every 1st Wed. Hip-Hop Night!
<b>THURSDAY</b>				
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
<b>NEW!!</b> 7:15 - 8:30	<i>Heated Hatha Yoga</i>	<i>Mixed Level</i>	<i>Lorean</i>	<i>Winter Warm-Up! Average Temp. 85!</i>
<b>FRIDAY</b>				
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- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
<b>NEW!!</b> 8:00 - 9:15	<i>Hatha Yoga</i>	<i>Mixed Level</i>	<i>Brianna</i>	<i>A Flow for Resilience!</i>
<b>SATURDAY</b>				
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!
11:45 - 12:45 PM	Kid's Yoga with Meditation and Hooping	Kid's crafts with Shannon 1/26 after yoga!		
<b>SUNDAY</b>				
9:30 - 10:30 AM	Vinyasa Yoga	Intermediate	Caris	Sunday Morning Refresher
11:00 - 12:00 PM	Refuge Recovery- A Buddhist Path to Recovering from Any Addiction. \$5 Suggested Donation. All Welcome!			
8:00 - 9:00 PM	Teen Night! Special Teen Class Package- 4 classes for \$35!	All Level	Shannon	Junior Spirit Sessions

## WORKSHOPS AND SPECIALTY CLASSES

**Holiday Schedule:** So you can work on your home practice, we will be closed the following times:  
Monday 12/31 both evening classes- but come to the 9AM class! Tuesday 1/1 - no morning classes: 945, 11, 12.  
Join us for the 7:45 PM class!

Wed. 1/16	5:45 - 6:45 PM	FREE COMMUNITY CLASS with Shannon. Join us for Hatha Yoga using blocks, straps, and bolsters!		
Sat. 1/20	12:30 - 1:30 PM	Soul Fragmentation Retrieval Workshop. A guided visualization inspired by the Shaman practices of Soul Retrieval, walking you through personal self discovery. Explore past scattered memories separated from self through trauma and life experiences. Move with the direction of your future self. Guiding you Home. Retrieve your souls wholeness by releasing these lost pieces. In which, were manifested by the nature of survival. \$30 Pre-registration required, in studio or at opencentryoga.com		
Sat. 1/26	12:45 - 1:15 PM	Kid's Crafts with Shannon, following Kid's Yoga (11:45 - 12:45). \$5 for kids who take the yoga class, \$10 for just the crafts hour.		
Sun. 1/-27	12:30 - 1:00 PM	Thomas Merton said, "Solitude is not something you must hope for in the future. Rather, it is a deepening of the present, and unless you look for it in the present you will never find it." Once a month Open Center Yoga will offer a silent gathering for peace. A Mindful Meditation Session to reflect together as a community. Gather as neighbors, family and friends in our shared goal to live in peace. Quiet your mind and your soul will speak. 30 min. session- blankets and bolsters provided- beginners welcome- all communities welcome! By Donation. Guided by Lorean Murphy.		

**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](#)