



# Open Center Yoga - Studio Class Schedule NOVEMBER 2019

opencenteryoga.com ~ 267-980-5833 ~ opencenteryoga@gmail.com

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



\*\*\* \*\* Month of Gratitude \*\*\* \*\*

Beginner

Intermediate

Everyone

## MONDAY

<b>NEW!</b>	6:45 - 7:45 PM	<i>Prana Hatha Yoga</i>	<i>All Level</i>	<i>Lorean</i>	<i>Move your Asana</i>
	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
<b>****</b>	4:45 - 6:30 PM	<i>20 Minute Reiki Session with Lorean, by Donation. Call or email to schedule an appointment.</i>			
	7:45 - 9:00 PM	Advancing into Hatha Yoga	Intermediate	Lorean	Asana Progression, Yoga Flow

## WEDNESDAY

	1:00 - 2:00 PM	\$5 Chair Yoga for Every Body	All Level	Rachel	Chair Supported Yoga
	5:45 6:45 PM	Chair Yoga for Every Body	All Level	Rachel	Chair Supported Yoga
	7:15 - 8:15 PM	Power Yoga	Intermediate	Jenn	Accelerated Yoga Sequences

## THURSDAY

	9:45 - 11:00 AM	Traditional Hatha Yoga & Meditation	All Level	Lorean	Great for Beginners
	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 w/ 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	Buddhist Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome! Contact: buddhistrecoverybristol@gmail.com			

## 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!
	11:45 - 12:45 AM	Kid's Yoga- Meditation and Hooping too! Ages 4ish- 12ish		Shannon	Special Theme Each Week

## SUNDAY

	9:00 - 10:00 AM	Buddhist Recovery Meeting- A Buddhist path to recovering from any addiction. \$5 Suggested Donation. All Welcome! Contact: buddhistrecoverybristol@gmail.com			
	10:15 - 10:45 AM	\$5 Guided Meditation with Singing Bowls	All Level	Rachel	Community Centered Class
<b>NEW!</b>	11:15 - 12:15 PM	<i>Vinyasa Yoga</i>	<i>Mixed Level</i>	<i>Erin</i>	<i>Vibrant Vinyasa Flow</i>

## WORKSHOPS AND SPECIALTY CLASSES

Wed. 11/6	7:15 - 8:15 PM	Vinyasa Power Yoga with Hip Hop Music! Regular class rates, with Jenn.
Mon. 11/11	All Classes!	Free Yoga classes all day for Veterans in appreciation for their service on Veteran's Day!
Sun. 11/24	10:15 - 10:45 AM	Gratitude Meditation with Singing Bowls \$5. With Rachel.
Tue. 11/26	7:45 - 9:00 PM	New moon in Sagittarius evening class. Hatha Yoga Flow in devotion to living a positive path. " A man sees in the world what he carries in his heart." - Johann Wolfgang Von Goethe. Regular rates.
Thu. 11/28	9:45 - 11:00 AM	Thanksgiving Morning- Hatha Yin and Reflection. Regular class rates, with Lorean.

11/29 BLACK FRIDAY SALE! 20% off all Boutique items!

No Guided Meditation with Singing Bowls on 11/1 & 11/3

**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   Guided Meditation: \$5**  
**Pre- register for workshops in studio, or at opencenteryoga.com**