

OHM Center - February 2020

1143 First Ave (62nd/63rd) - (212) 557-6216

Classes and Healing Treatments

Register at www.ohmcenter.com

Facebook and Instagram: @ohmcenternyc

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meditation & Mantra Chanting 10:30-11:30am	Crystal Meditation 10:30-11:00am	Meditation & Mantra Chanting 10:30-11:30am	Meditation & Mantra Chanting 10:30-11:30am	Zazen Meditation 11:30 - 12:00pm		
Sound Bath 12:30-1:00pm	Pranayama (Breathwork) 11:00 - 11:45am	Sound Bath 12:30-1:00pm	Egyptian Ka Meditation 11:30 - 12:15pm	Sound Bath 12:15-12:45pm	Family Constellations Workshop Sat. February 8th 6:00-9:30PM	Laughter & Healing PLAYshop Sunday, Feb 9th 4:00 - 6:00pm
Meditation with Essential Oils 1:15-2:15pm		Teen Meditation 4:15-5:00pm		Valentine's Day & Sound Bath February 14th 3:00 - 3:45pm		Essentials of Energy February 16th 3:00 - 4:30pm
Tween Meditation 4:30-5:00pm	Zazen Meditation Open Sitting 5:30 - 6:00pm	OM Chanting Circle 5:00-6:00 FREE/Donation	Zazen Meditation Open Sitting 5:30 - 6:00pm	Valentine's Day Mantra for Love February 14th 6:00 - 7:00pm	Atma Kriya Yoga February 22nd 9:30 - 6:00pm	Atma Kriya Yoga February 23rd 9:30 - 6:00pm
OHM Level 1 Meditation 5:30-6:30pm	Beginner Meditation 6:00-6:45pm	Zen Meditation 6:30 - 7:30pm	Beginner Meditation 6:00-6:45pm	Valentine's Day Meditation and Singing Bowls February 14th 7:00 - 8:00PM	Mixed Level Meditation 4:30-5:30pm Every week	Mixed Level Meditation 4:30-5:30pm Every week Except 2/9
Mini Meditation & Sound Bath 7:00 - 7:45pm	Sound Bath 7:00 - 8:00pm	Group Reiki 2x a month Feb 12th & 26th ONLY 7:30- 8:30pm	Guided Deep Relaxation 7:00 - 8:00pm	Vortex Healing Friday February 28th ONLY 7:15 - 8:30pm	Family Constellations Workshop Sat February 29th 6:00 - 9:30PM	

Prices for classes at OHM are as follows:

All 1-Hour Meditation Classes:

\$30/single class

\$140/5-classes

\$250/10-classes

Sound Bath Classes: \$30/1-hour class

\$20/30-minute class

*All Teen and Tween Meditation classes are \$30

All 45 minute Classes:

\$25/single class

\$115/5-classes

\$200/10-classes

Monthly Unlimited:

Purchase available through website and onsite

*excludes Group Reiki and Vortex Healing

All 30 minute classes except Zazen:

\$20/single class

\$150/10 classes

Zazen (open sit) Meditation:

\$10/single class

Group Reiki: \$40/First class

\$50/Follow-up class

Vortex Healing: \$60/per class

OM Chanting Circle

This is a free class. You are welcome to donate any amount as you desire. All funds go to the Bhakti Marga USA ashram.