

OHM Center - January 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 | | | |
| 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 (Begins Jan 30) | Sound Bath 12:15-12:45pm (Begins Jan 31) | | |
| Meditation with Essential Oils 1:15-2:15pm | | Tween Meditation 4:15-4:45pm | | | OPEN HOUSE Saturday Jan 18 2:00 - 6:00pm | OPEN HOUSE Sunday Jan 19 2:00 - 6:00pm |
| Teen Meditation 4:15-5:00pm | 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 | | | |
| 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 | | Mixed Level Meditation 4:30-5:30pm Every week | Mixed Level Meditation 4:30-5:30pm Every week |
| OHM Level 2 Meditation 7:00- 8:00pm | Sound Bath 7:00 - 8:00pm | Group Reiki 2x a month Jan 15 & 29 ONLY 7:30- 8:30pm | Guided Deep Relaxation 7:00 - 8:00pm | Vortex Healing Friday Jan 31st ONLY 7:15 - 8:30pm | | The Power and Grace of Saturn Astrology Lecture Sunday, Jan 26 6-8PM |

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 45 minute Classes:

\$25/single class

\$115/5-classes

\$200/10-classes

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.