

# Virtual Schedule

All classes are online via Zoom  
 All classes are Eastern Standard Time (EDT)  
 Registration closes 15 minutes prior to the start of the class.

# OHM Center

1143 First Ave (62nd/63rd)  
[www.ohmcenter.com](http://www.ohmcenter.com) @ohmcenternyc  
 212-557-6216

OHM Center is offering individual distance healing treatments in addition to the Group Reiki and Group Vortex Healing Classes:

Reiki  
 Energy Healing  
 Email: [info@ohmcenter.com](mailto:info@ohmcenter.com) if interested.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
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<p><b>Breathwork for Tweens (ages 7-14)</b> 10:30 - 11:00am</p> <p><b>OHM Level 1 Meditation- 30min</b> 11:30-12pm</p> <p><b>Breathwork Express</b> 1:00-1:30pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>OHM Level 2 Meditation -60min</b> 5:30 - 6:30pm</p>	<p><b>Mantra Chanting European/US Early Risers</b> 9:00-9:30am</p> <p><b>OHM Level 1 Meditation- 30min</b> 12-12:30 pm</p> <p><b>Meditation for Little Ones (ages 4-6yrs.)</b> 1:30 - 1:50pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Wim Hof Breathwork Express</b> 5:30-6:00pm</p>	<p><b>OHM Level 1 Meditation - 30min</b> 11:30-12pm</p> <p><b>Yoga Nidra</b> 12:30 - 1pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Special Events</b></p> <p><b>Group Reiki</b> 7:00-8:00pm \$30 June 3rd, June 10th, June 17th, June 24th</p>	<p><b>OHM Level 1 Meditation- 30min</b> 12-12:30 pm</p> <p><b>Meditation for Tweens (ages 7-14yrs.)</b> 3:00-3:30pm</p> <p><b>Mantra Chanting</b> 6:00-6:30pm</p>	<p><b>Mantra Chanting European/US Early Risers</b> 9:00-9:30am</p> <p><b>OHM Level 1 Meditation- 30min</b> 11:30-12pm</p> <p><b>Breathwork Express</b> 1:00-1:30pm</p> <p><b>Special Events</b></p> <p><b>Tonglen for Change, Healing, and Peace 6-6:30pm</b> Free Class Weekly until 7/31</p> <p><b>Vortex Healing</b> 7:15-8:30pm \$40 June 12th</p>	<p><b>Mantra Chanting European/US Early Risers</b> 9:00-9:30am</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>OHM Level 1 Meditation -60min</b> 4:30-5:30pm</p>	<p><b>Chant the Gayatri Mantra</b> 3:00-3:45pm</p> <p><b>Spiritual Teachings for Stressful Times</b> 4:30-5:30pm</p> <p><b>Wim Hof Breathwork</b> 7:30 - 8:30pm (except 6/28)</p> <p><b>Special Events:</b></p> <p><b>Translating Spiritual Truths in Uncertain Times:</b>  <b>An Evening with Swami Tulsidas</b>                      7:00-8:15pm                      \$30                      Tickets in support of the OHM Center</p>
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## MEDITATION CLASSES:

**Beginner Meditation:** For people who are new to meditation or are re-starting after a hiatus. People already experienced with meditation will also benefit greatly from this class. Taught by Stephen Brady

**OHM Level 1:** This 30-min. Or 1-hr. Class includes a short teaching, energy exercises, breathwork and meditation. Taught by Suzanne Hill.

**OHM Level 2:** This 1-hr class includes a short teaching, energy exercises, breathwork and meditation. Taught by Suzanne Hill.

**Advanced Meditation:** In this ½-hr class, the facilitator will open their energy to a high vibration to allow you to easily go deeper in your meditation. This is open to people who can sit for 25 minutes without moving.

**EPIC Challenge:** This is a 12-week program for teens and tweens. EPIC stands for Elevating Your Personal Intention & Consciousness - it is a character building class for kids. Taught by Kent Garrett and Suzanne Hill.

**Meditation for Young People (Ages 4-7):** This 30-minute class will teach matters of spirituality, chanting and meditation to young people. Led by Jodi Rose, an elementary school teacher.

## BREATHWORK & CHANTING

**Wim Hof Breathwork:** Learn how to use your breath to navigate daily life and build resilience towards every day stress, leaving you more in control of your mind, body and emotions. Taught by Campbell Will.

**Wim Hof Breathwork Express:** This class is a 30-minute version of the Wim Hof Breathwork Class, also taught by Campbell Will.

**Breathwork Express:** This 30-minute class will guide you through a rejuvenating series of breathing exercises that will detox and energize you.

**Chant the Gayatri Mantra:** This class will go into depth about the Gayatri Mantra, so you know how to pronounce it, what it means, and the back story of why it is used. Origin, etc. Taught by Suzanne Hill

**Mantra Chanting:** This 30-minute class will consist of approximately 25 minutes of either Sanskrit or Tibetan chanting followed by a 5-minute meditation. You will be given the written mantra, including the pronunciation and the meaning. Led by Suzanne Hill & Ethan Scibelli.

**Mantra Chanting for European/US Early:** This 30-minute class is the mantra chanting class for European Time and US early risers. Led by Mary Clare Bland.

**RELAXATION & HEALING CLASSES (All of these are Lying Down)**

**Guided Deep Relaxation:** Guided visualization to help you to stay cool, calm and collected through the stress of daily life. Good for anxiety, insomnia. Led by Stephen Brady.

**Yoga Nidra:** Powerfully restorative class which includes breathwork, sensory withdrawal and guided relaxation. Led by Olga Yermolenko. By Donation: \$10, \$15, \$20/class

**Group Reiki:** Lie down while our reiki practitioner channels energy into the room. Each participant will receive individual healing, and the energy guilds through the duration of the class. Led by David Hemenway. \$30/class

**Vortex Healing:** This group healing session will feature a 60-minute group Vortex Healing session, which is a powerful, holistic system of energetic healing. Led by Christy Walker. \$40/Class

**OTHER**

**Spiritual Teachings for Stressful Times w/Suzanne Hill:** In these stressful times, this weekly class will offer you consistent and accessible talks that will help your spiritual growth and awareness. Topics to be announced each week.

**PRICING**

**We are currently offering Donation Based Pricing for the majority of our regular weekly scheduled classes.**

**Please give what you are comfortable giving!**