

How to Read this Schedule:

Zoom Classes: All Classes are Virtual except those indicated to be "IN HOUSE"

Live Classes: Sound Baths and Guided Deep Relaxation (these classes limited to 6 people)

All classes are Eastern Standard Time (EDT)

OHM Center

1143 First Ave (62nd/63rd)
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 if interested.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
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<p>Mystic Healing Meditation 8:30-9:00am</p> <p>OHM Level 1 Meditation- 30min 11:30-12pm</p> <p>Breathwork Express 1:00-1:30pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>OHM Level 2 Meditation -60min 5:30 - 6:30pm</p> <p>Sound Bath - *IN HOUSE 7-8pm</p>	<p>Chakrasana 9:30-10:00am</p> <p>OHM Level 1 Meditation- 30min 12-12:30 pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>Wim Hof Breathwork Express 5:30-6:00pm</p>	<p>Mystic Healing Meditation 10:00-10:30am</p> <p>OHM Level 1 Meditation - 30min 11:30-12pm</p> <p>Yoga Nidra 12:30-1:00pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>Group Reiki 7:00-7:45 \$30</p>	<p>OHM Level 1 Meditation- 30min 12-12:30 pm</p> <p>Breathwork & Meditation for Young People (ages 7-14 yrs.) 3:00-3:30pm</p> <p>Mantra Chanting 6:00-6:30pm</p> <p>Guided Deep Relaxation *IN HOUSE 7-8pm</p>	<p>OHM Level 1 Meditation- 30min 11:30-12pm</p> <p>Breathwork Express 1:00-1:30pm</p> <p>Tonglen - FREE 6:00-6:30pm</p> <p>Mystic Healing 7:15-8:15pm \$40</p>	<p>Mantra Chanting 3:00-3:30pm</p> <p>OHM Level 1 Meditation -60min 4:30-5:30pm</p>	<p>Chant the Gayatri Mantra 3:00-3:45pm</p> <p>Spiritual Teachings for Stressful Times (currently Egyptian Mysteries series) 4:30-5:30pm</p> <p>Wim Hof Breathwork 7:30 - 8:30pm</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.

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. Led by Suzanne Hill.

Chant the Gayatri Mantra: In this class you will chant the Gayatri Mantra 108x. Breathwork is included at the halfway point. Led 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.

Tonglen: This FREE 30-minute class is a combination of breathwork, meditation and guided visualization. Led by Suzanne Hill

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. \$100/4 classes.

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

OTHER

Chakrasana: In this unique yoga class you will return to the type of yoga practiced by the ancient Vedics. Class includes yoga poses, chanting, breathwork and chanting. Taught by Mary Clare Bland.

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 virtual classes. Please give what you are comfortable giving! Prices range from \$25-\$1. In house and healing classes are fixed prices.