

## Virtual and In-House Classes

All Classes are Virtual via Zoom except those indicated as "In House"

\*In-House Classes are limited to 6 people and are measured for social distancing. You must wear your face mask at all times.

All classes are Eastern Standard Time (EDT)

# OHM Center

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

## August 2020

(LIMITED CLASSES 8/17-8/23)

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

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><b>Mystic Meditation</b> 8:30-9:00am</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>*IN-HOUSE: Sound Bath -</b> 7-8pm \$40</p>	<p><b>Chakrasana</b> 9:30-10:00am</p> <p><b>OHM Level 1 Meditation- 30min</b> 12-12:30 pm</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>Mystic Meditation</b> 10:00-10:30am</p> <p><b>OHM Level 1 Meditation - 30min</b> 11:30-12pm</p> <p><b>Yoga Nidra</b> 12:30-1:00pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Group Reiki</b> 7:00-8:00pm \$30</p> <p><b>*IN-HOUSE: Group Reiki</b> 7:00-8:00pm \$40</p>	<p><b>OHM Level 1 Meditation- 30min</b> 12-12:30 pm</p> <p><b>Advanced Meditation</b> 3:00-3:30pm</p> <p><b>Mantra Chanting</b> 6:00-6:30pm</p> <p><b>*IN-HOUSE: Gentle Guided Hypnosis</b> 7-8pm \$35</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>Chanting for Abundance</b> 3:00-3:30pm</p> <p><b>Mystic Healing</b> 7:15-8:15pm \$40</p> <p><b>*IN-HOUSE: Sound Bath</b> 7-8pm \$40</p>	<p><b>Advanced Meditation</b> 11:00-11:30am</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>*IN-HOUSE: Sound Bath</b> 6-6:30pm \$25</p> <p><b>Sound Bath</b> 7:00-8:00pm \$40</p>	<p><b>Chant the Gayatri Mantra</b> 3:00-3:45pm</p> <p><b>Spiritual Teachings</b> (currently Egyptian Mysteries series) 4:30-5:30pm</p> <p><b>Wim Hof Breathwork Express</b> 7:30 - 8:00pm</p> <p><b>Special Event:</b>   <b>A Virtual Evening with Swami Tulsidas:</b> Making Peace w/What We Cannot Control  <b>August 9th</b>                      7:00-8:15pm \$35</p>

### 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 7-14):** 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. In-House.

**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. Virtual and In-House

**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. Virtual. \$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.**

