

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)
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 212-557-6216

September 2020

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 if interested.

Private Sound Baths - Individual & Group available. Email or Call to Book!

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | SATURDAYS | SUNDAYS |
|---|---|---|---|---|--|---|
| Mystic Meditation 8:30-9:00am | Chakrasana 9:30-10:00am | OHM Level 1 Medtn 11:30-12pm | Mystic Meditation 10:00-10:30am | OHM Level 1 Meditation 11:30-12pm | Advanced Medtn 2:00-2:30pm | Advanced Medtn 2:00-2:30pm |
| OHM Level 1 Medtn 11:30-12pm | OHM Level 1 Meditation- 30min 12-12:30 pm | Yoga Nidra 12:30-1:00pm | OHM Level 1 Meditation 12-12:30 pm | Breathwork Xpress 1:00-1:30pm | Mantra Chanting (Ganesh) 3:00-3:30pm | Chant the Gayatri Mantra 3:00-3:45pm |
| Breathwork Xpress 1:00-1:30pm | Advanced Meditation 2:00-2:30pm | Advanced Medtn 2:00-2:30pm | Advanced Metn 2:00-2:30pm | Advanced Medtn 2:00-2:30pm | Chakra Clearing Meditation 4:30-5:30pm | Spiritual Teachings 4:30-5:30pm |
| Advanced Medtn 2:00-2:30pm | Mantra Chanting 3:00-3:30pm | Mantra Chanting 3:00-3:30pm | Mantra Chanting 6:00-6:30pm | Mystic Healing 7:15-8:15pm \$40 | Advanced Medtn 9:00-9:30pm | Wim Hof Breathwork Express 7:30 - 8:00pm |
| Mantra Chanting 3:00-3:30pm | Wim Hof Breathwork Express 5:30-6:00pm | Group Reiki 7:00-8:00pm \$30 | Advanced Medtn 9:00-9:30pm | Advanced Medtn 9:00 - 9:30pm | | Advanced Medtn 9:00 - 9:30pm |
| OHM Level 2 Meditation -60min 5:30 - 6:30pm | | Advanced Medtn 9:00-9:30pm | | *IN-HOUSE: Mixed Level Meditation 5:30-6pm \$25 (starts Sept. 11) | | Advanced Medtn 9:00 - 9:30pm |
| Advanced Medtn 9:00-9:30pm | Advanced Medtn 9:00 - 9:30pm | | *IN-HOUSE: Gentle Guided Hypnosis 7-8pm \$35 | Sound Bath 7-8pm \$40 | *IN-HOUSE: Sound Bath 6-6:30pm \$25 | *Special Event: A Virtual Evening with Swami Tulsidas: September 13th 7:00-8:15pm \$35 |
| *IN-HOUSE: Sound Bath - 7-8pm \$40 | | *IN-HOUSE: Group Reiki 7:00-8:00pm \$40 | | | Sound Bath 7:00-8:00pm \$40 | |

MEDITATION CLASSES:

Mystic Meditation: This 30-minute meditation class begins with anchoring ourselves into the breath and a short guided meditation which carries you into a deeper state of receptivity and relaxation. Led by Barbara Pecarich.

OHM Level 1: This 30-min. 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. Daily Classes at 2pm and 9pm. Led by Ethan Scibelli

Chakra Clearing Meditation: This 1-hr class includes a short teaching, energy exercises, breathwork and meditation to clear your chakras. Led by Suzanne Hill

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.

BREATHWORK & CHANTING

Chanting for Abundance: Abundance applies to all areas of life, not just finances. Allow your mindset to be opened to all potential with these vibrations. This class includes guided visualization, breathwork and chanting. Led by Suzanne Hill

Wim Hof Breathwork Express: 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.

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. Virtual.

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 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.