

Virtual and In-House Classes

All Classes are Virtual via Zoom (NYC time) except those indicated as "In-House"

*In-House Classes are limited to 5 people and are measured for social distancing. You must wear your face mask at all times.

OHM Center

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

February 2021

Healing Sessions Available:

Acupuncture w/Suzanne H. & Jodi R.
 Private Reiki w/ David H.
 Massage on Thursdays w/Jodi R.

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p>OHM Level 1 Medtn 11:30-12pm</p> <p>Breathwork Xpress 1:00-1:30pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>OHM Level 2 Meditation -60min 5:45 - 6:45pm</p> <p>Advanced Medtn 9:00-9:30pm</p> <p>*IN-HOUSE: Tween Mdn 3:45-4:15pm \$30</p> <p>Sound Bath - 7-8pm \$40</p>	<p>Mystic Meditation 8:00-8:30am</p> <p>Chakrasana 9:30-10:00am</p> <p>OHM Level 1 Medtn 11:30-12 pm</p> <p>Advanced Medtn 2:00-2:30pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>Wim Hof Breath 5:30-6:00pm</p> <p>Advanced Medtn 9:00 - 9:30pm</p> <p>*IN-HOUSE OHM Meditation 5:30-6:15pm \$25</p> <p>Sound Bath 6:15-6:45pm \$25</p>	<p>OHM Level 1 Medtn 11:30-12pm</p> <p>Advanced Medtn 2:00-2:30pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>Group Reiki 7:00-8:00pm \$30</p> <p>Advanced Medtn 9:00-9:30pm</p> <p>*IN-HOUSE: Group Reiki 7:00-8:00pm \$40</p>	<p>Mystic Meditation 8:00-8:30am</p> <p>OHM Level 1 Meditation 11:30-12pm</p> <p>Advanced Metn 2:00-2:30pm</p> <p>Mantra Chanting 6:00-6:30pm</p> <p>Guided Deep Relaxation 7-8pm, \$30</p> <p>Advanced Medtn 9:00-9:30pm</p> <p>*IN-HOUSE: Guided Deep Relaxation 7-8pm \$35</p>	<p>OHM Level 1 Meditation 11:30-12pm</p> <p>Breathwork Xpress 1:00-1:30pm</p> <p>Advanced Medtn 2:00-2:30pm</p> <p><u>Fri Night at OHM</u> <u>7-8pm every Fri!</u></p> <p><u>2/5-Breathwork for Anxiety w/Campbell</u> <u>2/12-Pre-Valentine</u> <u>2/26-Astrology Talk</u></p> <p>Advanced Medtn 9:00 - 9:30pm</p> <p>*IN-HOUSE Sound Bath 6:15-6:45pm \$25</p>	<p>Advanced Medtn 2:00-2:30pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>Mystic Healing 7:00-8:00pm (every other week)</p> <p>Advanced Medtn 9:00-9:30pm</p> <p>*IN-HOUSE: Sound Bath 6:15-6:45pm \$25 7:00-8:00pm \$40</p>	<p>Advanced Medtn 2:00-2:30pm</p> <p>Chant the Gayatri or Surya Mantra (rotates each week) 3:00-3:45pm</p> <p>Wim Hof Breathwork Express 7:30 - 8:00pm</p> <p>Insomnia Relief (New Class!) 8:30 - 9:00pm</p>

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

Guided Meditation for Healing: This 1-hr class guides you through meditation, breathwork and visualization exercises specifically for accelerating healing of the physical body. See what changes are possible in this weekly class! Led by Suzanne Hill

Pyramid Meditation: Each person gets a chance to sit inside our copper pyramid, which makes it easier to enter into a meditative space.

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 and Virtual. \$35/\$30, \$100/4 classes (virtual).

Insomnia Relief: 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. In-House and Virtual. \$40/\$30, \$100/4 classes (virtual).

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. \$30/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.

PRICING

We are currently offering Donation Based Pricing for the many of our regular weekly scheduled virtual classes. Please give what you are comfortable giving! Prices range from \$35-\$10. In-house and healing classes are fixed prices.