

## 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](http://www.ohmcenter.com) @ohmcenternyc  
 212-557-6216

## May 2021

### Healing Sessions Available:

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

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><b>OHM Level 1 Medtn</b> 11:30-12pm</p> <p><b>Breathwork Xpress</b> 1:00-1:30pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>OHM Level 2 Meditation -60min</b> 5:45 - 6:45pm</p> <p><b>Advanced Medtn</b> 9:00-9:30pm</p> <hr/> <p><b>*IN-HOUSE: Sound Bath</b> 7-8pm \$40</p>	<p><b>Mystic Meditation</b> 8:00-8:30am</p> <p><b>Chakrasana</b> 9:30-10:00am</p> <p><b>OHM Level 1 Medtn</b> 11:30-12 pm</p> <p><b>Advanced Medtn</b> 2:00-2:30pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Wim Hof Breath</b> 5:30-6:00pm</p> <p><b>Advanced Medtn</b> 9:00 - 9:30pm</p> <hr/> <p><b>*IN-HOUSE OHM Meditation</b> 5:30-6:15pm \$25</p> <p><b>Sound Bath</b> 6:30-7pm \$25</p>	<p><b>OHM Level 1 Medtn</b> 11:30-12pm</p> <p><b>Advanced Medtn</b> 2:00-2:30pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Group Reiki</b> 7:00-8:00pm \$30</p> <p><b>Advanced Medtn</b> 9:00-9:30pm</p> <hr/> <p><b>*IN-HOUSE: Group Reiki</b> 7:00-8:00pm \$40</p>	<p><b>Mystic Meditation</b> 8:00-8:30am</p> <p><b>OHM Level 1 Meditation</b> 11:30-12pm</p> <p><b>Advanced Metn</b> 2:00-2:30pm</p> <p><b>Head, Neck &amp; Shoulder Relaxation</b> 5:15 - 5:45pm</p> <p><b>Mantra Chanting</b> 6:00-6:30pm</p> <p><b>Guided Deep Relaxation</b> 7-8pm, \$30</p> <p><b>Advanced Medtn</b> 9:00-9:30p</p> <hr/> <p><b>*IN-HOUSE: Guided Deep Relaxation</b> 7-8pm \$35</p>	<p><b>OHM Level 1 Meditation</b> 11:30-12pm</p> <p><b>Breathwork Xpress</b> 1:00-1:30pm</p> <p><b>Advanced Medtn</b> 2:00-2:30pm</p> <p><b>Advanced Medtn</b> 9:00 - 9:30pm</p> <hr/> <p><b>*IN-HOUSE Sound Bath</b> 5:00-5:30pm \$25 6:15-6:45pm \$25 7:00 - 7:45pm, \$35</p>	<p><b>Advanced Medtn</b> 2:00-2:30pm</p> <p><b>Short Form Heart Sutra - Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Mystic Healing</b> 7:00-8:00pm (every other week)</p> <p><b>Advanced Medtn</b> 9:00-9:30pm</p> <hr/> <p><b>Saturday Afternoon Kids Program Ages 6-11yrs. May 1, 8, 15 &amp; 22 1-5pm</b></p> <hr/> <p><b>*IN-HOUSE: OHM Meditation</b> 5-5:45pm \$25</p> <p><b>Sound Bath</b> 6:15-6:45pm \$25 7:00-8:00pm \$40</p>	<p><b>Advanced Medtn</b> 2:00-2:30pm</p> <p><b>Chant the Gayatri or Surya Mantra</b> 3:00-3:45pm</p> <p><b>Wim Hof Breathwork Xpress</b> 7:30 - 8:00pm</p> <p><b>Virtual Sound Bath May Sunday Nights</b> 9:00 - 9:45pm</p> <p><b>Mother's Day Mdn</b> May 9, 4-4:45pm</p> <p><b>Intro to Meditation Series (Starts 5/16)</b> 4-4:45pm - 5 classes</p> <hr/> <p><b>*IN-HOUSE: Group Reiki</b> 3-3:45pm \$35</p> <p><b>Sound Bath</b> 4-4:45pm \$35 5-5:30pm \$25</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).

**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.

**Head, Neck & Shoulder Relaxation:** Come join us for an experiential class to free up so much of the energy you have stored in your head, neck, shoulders and arms. The class will use classical yoga systems to help ground you. No prior experience required! Taught by Omkar Lewis.

### 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.**

