

Virtual and In-House Classes

Classes are Virtual via Zoom (NYC time) and in-person at OHM, indicated as "In-House"

*In-House Classes are limited and are measured for social distancing.

OHM Center

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

October 2021

Healing Sessions Available:

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

\$80 Unlimited Virtual Class Month Pass-
 \$80 Grants you access to unlimited virtual classes for 30 days, offer valid only for 1st Month at Ohm
 Email: info@ohmcenter.com to register

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
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<p><u>VIRTUAL:</u></p> <p>OHM Level 1 Meditation 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 - 60 min 5:45 - 6:45pm</p>	<p><u>VIRTUAL:</u></p> <p>Mystic Meditation 8:00-8:30am</p> <p>Chakrasana 9:30-10:00am</p> <p>OHM Level 1 Meditation 11:30-12 pm</p> <p>Mantra Chanting 3:00-3:30pm</p>	<p><u>VIRTUAL:</u></p> <p>OHM Level 1 Meditation 11:30-12pm</p> <p>Mantra Chanting 3:00-3:30pm</p> <p>Group Reiki 7:00-8:00pm \$30</p>	<p><u>VIRTUAL:</u></p> <p>Mystic Meditation 8:00-8:30am</p> <p>OHM Level 1 Meditation 11:30-12pm</p> <p>Mantra Chanting 6:00-6:30pm</p>	<p><u>VIRTUAL:</u></p> <p>OHM Level 1 Meditation 11:30-12pm</p> <p>Guided Meditation for Healing - Amping Up Your Inner Light 1:00-1:30pm</p>	<p><u>VIRTUAL:</u></p> <p>Short Form Heart Sutra - Mantra Chanting 3:00-3:30pm</p> <p>Mystic Healing 7:00-8:00pm (every other week)</p>	<p><u>VIRTUAL:</u></p> <p>Virtual Long Mantra 3:00-3:45pm</p> <p><u>Introduction to Meditation 5-Class Virtual Series</u> <u>Oct. 17th - Nov. 14th, 4-4:45pm,</u> <u>\$150/\$35.</u> <u>Student discount: \$100/\$25</u></p>
<p><u>*IN-HOUSE:</u></p> <p>Sound Bath 7-8pm \$40</p>	<p><u>*IN-HOUSE</u></p> <p>OHM Meditation 5:30-6:15pm \$25</p> <p>Sound Bath 3:45 - 4:30pm \$35 6:30-7pm \$25</p>	<p><u>*IN-HOUSE:</u></p> <p>Pyramid Meditation 5:30-6:15pm \$25</p> <p>Group Reiki 7:00-8:00pm \$40</p>	<p><u>*IN-HOUSE:</u></p> <p>Guided Deep Relaxation 7-8pm \$35</p>	<p><u>*IN-HOUSE</u></p> <p>Sound Bath 5:00-6:00pm \$40 6:15-6:45pm \$25 7:00 - 7:45pm, \$35</p>	<p><u>*IN-HOUSE:</u></p> <p>Sound Bath 6:15-6:45pm \$25 7:00-8:00pm \$40</p> <p>Marathon Meditation wkshp, 10/2, 4-5:30pm. \$45</p>	<p><u>*IN-HOUSE:</u></p> <p>Group Reiki 3-3:45pm \$35</p> <p>Sound Bath 4-4:45pm \$35 5-5:30pm \$25</p>

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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

Sound Baths: Lie down and put on an eye mask while our practitioner plays our Tibetan Singing Bowls. Follow the sounds all the way out and you will feel deeply relaxed. Class price ranges from \$25-40 depending on length of 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. (Note: this class on hiatus for the rest of the summer.)