

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

## November 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](mailto:info@ohmcenter.com) to register

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><u>VIRTUAL:</u></p> <p><b>Yoga with Yo (for Special Needs)</b> 10-10:45am</p> <p><b>OHM Level 1 Meditation</b> 11:30-12:10pm</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 - 60 min</b> 6:00-7:00pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Singing Bowl Meditation</b> 5-5:45pm, \$25</p> <p><b>Sound Bath</b> 6-6:45pm, \$35 7-8pm \$40</p>	<p><u>VIRTUAL:</u></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 Meditation</b> 11:30-12:10 pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Sound Bath</b> 3:45 - 4:30pm \$35</p> <p><b>OHM Level 1 Meditation</b> 5:30-6:15pm \$25</p> <p><b>Sound Bath</b> 6:30-7:15pm \$35</p>	<p><u>VIRTUAL:</u></p> <p><b>OHM Level 1 Meditation</b> 11:30-12:10pm</p> <p><b>Mantra Chanting</b> 3:00-3:30pm</p> <p><b>Group Reiki</b> 7:00-8:00pm \$30</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Pyramid Meditation</b> 5:30-6:15pm \$25</p> <p><b>Group Reiki</b> 7:00-8:00pm \$40</p>	<p><u>VIRTUAL:</u></p> <p><b>Mystic Meditation</b> 8:00-8:30am</p> <p><b>OHM Level 1 Meditation</b> 11:30-12:10pm</p> <p><b>Mantra Chanting</b> 6:00-6:30pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Guided Deep Relaxation</b> 7-8pm \$35</p>	<p><u>VIRTUAL:</u></p> <p><b>OHM Level 1 Meditation</b> 11:30-12:10pm</p> <p><b>Guided Meditation for Healing - Amping Up Your Inner Light</b> 1:00-1:30pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Sound Bath</b> 5:00-6:00pm \$40 6:15-6:45pm \$25 7:00 - 7:45pm, \$35</p>	<p><u>VIRTUAL:</u></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> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Kids Program (6-12 yo)</b> 10am-2pm \$125</p> <p><b>Family Constellations</b> November 13 4-6:30pm \$65</p> <p><b>Pyramid Meditation</b> 5:00-5:45pm, \$25</p> <p><b>Sound Bath</b> 6:15-6:45pm \$25 7:00-8:00pm \$40</p>	<p><u>VIRTUAL:</u></p> <p><b>Intermediate Mantra Chanting</b> 3:00-3:45pm</p> <p><b>Introduction to Meditation 5-Class Virtual Series</b> Oct. 17th - Nov, 14th, 4-4:45pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p><b>Group Reiki</b> 3-3:45pm \$35</p> <p><b>Sound Bath</b> 4-4:45pm \$35 5-6pm \$40</p>

### MEDITATION CLASSES:

**OHM Level 1:** This 40-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.

**Chakra Singing Bowl Meditation:** This class is a Guided Meditation using singing bowls to still the mind. There will be a focus on clearing the various chakras. Led by Suzanne Hill.

**Guided Meditation for Healing:** This 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 or lie down inside our copper pyramid, which makes it easier to enter into a meditative space. Led by Suzanne Hill

**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.

### 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

**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.

**Intermediate Mantra Chanting:** In this class you will chant the longer form mantras including the Gayatri, Surya, Narasimha and Ganesh mantras. Breathwork is included at the halfway point. Led by Suzanne Hill

**Mantra Chanting:** This 30-minute class consists of 10 minutes of meditation and breathwork, followed by approximately 20 minutes of either Sanskrit or Tibetan chanting. You will be given the written mantra, including the pronunciation and the meaning. Led by Suzanne Hill, Gregory Hill and/or 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 Hypnotherapist, Stephen Brady.

**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 Reiki Master, David Hemenway.

**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 Intuitive Healer, Barbara Pecarich.

**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. Led by Kevin Brown & Suzanne Hill

### 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. Led by Black Belt & Yoga Teacher, Mary Clare Bland.

**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 when he is on break from his studies with Lama Rangbar of Bodhivastu.

**Yoga with Yo:** This class is specifically for persons with special needs. In this virtual class, led by Yocheved (Yo) Berghoff, students will develop a sense of comfort with yoga poses that develops into a sequence that is Flow Yoga. Yo also focuses on helping the students develop self-awareness. This class is open to all ages.