

Virtual and In-House Classes

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

Any virtual class that you are interested in, but can't make that time...feel free to sign up and we will send you the zoom recording!

OHM Center

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

May 2022

Register for classes thru www.ohmcenter.com!

Healing Sessions Available:

Acupuncture w/Suzanne, Jodi, David or Soo
 Private Reiki or Tarot w/ David
 Massage w/Jodi
 Akashic Records w/Priscilla
 Ayurveda w/Umashankar
 Hypnosis w/Steve
 Spiritual Coaching w/Suzanne
 Book Online at www.ohmcenter.com

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
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<p><u>VIRTUAL:</u></p> <p>OHM Level 2 Meditation 11:30-12:15pm</p> <p>Breathwork Xpress 1:00-1:30pm</p> <p>Meditation & Vedic Mantra Chanting 3:00-3:30pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p>Mantra & Meditation 5-5:45pm \$25</p> <p>Sound Baths 6-6:45pm, \$35 7-8pm \$40</p>	<p><u>VIRTUAL:</u></p> <p>OHM Level 2 Meditation 11:30-12:15 pm</p> <p>Meditation & Vedic Mantra Chanting - Intermediate 3:00-3:30pm</p> <hr/> <p><u>*IN-HOUSE</u></p> <p>Sound Bath 4-4:45pm \$35*</p> <p>OHM Level 1 Meditation 5:30-6:15pm \$25</p> <p>Sound Bath 6:30-7:15pm \$35</p>	<p><u>VIRTUAL:</u></p> <p>OHM Level 2 Meditation 11:30-12:15pm</p> <p>Meditation & Vedic Mantra Chanting 3:00-3:30pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p>Group Reiki 6:00-6:45pm \$40</p> <p>Pyramid Meditation 7-7:45pm \$35</p>	<p><u>VIRTUAL:</u></p> <p>OHM Level 2 Meditation 11:30-12:15pm</p> <p>Tibetan Meditation & Mantra Chanting 6:00-6:30pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p>Guided Deep Relaxation 7-7:45pm \$35</p> <p>Zen Meditation 8:00-8:45pm (\$25)</p>	<p><u>VIRTUAL:</u></p> <p>OHM Level 2 Meditation 11:30-12:15pm</p> <p>Guided Meditation for Healing - Amping Up Your Inner Light 1:00-1:30pm - this is a great class for anyone with chronic health issues</p> <hr/> <p><u>*IN-HOUSE</u></p> <p>Sound Baths 5:00-6:00pm \$40* 6:15-7:00pm \$35* 7:15 - 8:00pm, \$35*</p>	<p><u>VIRTUAL:</u></p> <p>Learn the Sri Rudram - Starting Anuvaka 2 on 5/7 - New People can join! 3:30-4pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p>Half-Day In-House Detox Retreat (\$250) 1-5:30pm on 5/14</p> <p>Sound Baths (5/14 retreat may cancel some classes) 12-12:45pm \$35 1:15-2pm \$35 5-6pm \$40 6:15-7pm \$35</p> <p>Pyramid Healing & Meditation 7:30-8:30pm, \$40 Recommended for people who meditate.</p>	<p><u>VIRTUAL:</u></p> <p>Advanced Mantra Chanting 3:00-3:45pm</p> <hr/> <p><u>*IN-HOUSE:</u></p> <p>Kundalini Yoga 12:30-1:30pm \$30 (First Class \$20)</p> <p>Group Reiki 3-3:45pm \$40</p> <p>Sound Baths 4-4:45pm \$35 * 5-6pm \$40 *</p> <p>Gong Bath, May 1 4:15-5:00pm</p> <p>Family Constellation Workshops: May 1, June 26th \$65 12-2:30pm (Family doesn't come, just you!)</p>
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* Ear Acupuncture available. Healy biofrequency device available for most Soundbaths. Come 10 minutes early to have that set up. Xtra fee for either.

MEDITATION CLASSES:

OHM Level 1: This 45-min. class includes a short teaching, energy exercises, breathwork and meditation. Taught by Kevin Brown.

OHM Level 2: This 40-minute class runs M-F at 11:30 am and includes a weekly 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 guided visualization exercises for accelerating healing of the physical body. 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. Drumming, chanting & singing bowls by the facilitator to raise the energy level. 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 Jodi Rose.

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.

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

Insomnia Stress Relief - Yoga Nidra: Powerfully restorative class which includes breathwork, sensory withdrawal and guided relaxation, following by a short singing bowl session. Led by 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.

Family Constellation Workshop: This 2.5 hour class helps people work through and understand their family relationships. It is powerful work. Two Seekers per workshop, the rest are Participants. Seekers are people who come with an issue to be resolved, a question to be answered. Participants are the people who are representatives for the Seeker's family members. We suggest that for your first time you sign up as a Participant. You do NOT come with your family for this work. This workshop is designed for you to come alone and work with the group to get insight into your family dynamics. Led by Luisa Muhr. \$200 for Seekers, \$65 for Participants.