

Virtual Schedule

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 recording!

OHM Center

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

September 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
<p>OHM Meditation Teacher Training (w/Suzanne) 11:30-12:15pm</p> <p>Breathwork Xpress (w/Suzanne) 1:00-1:30pm</p> <p>Meditation & Vedic Mantra Chanting (w/Suzanne) 3:00-3:30pm</p>	<p>OHM Meditation Teacher Training (w/Suzanne) 11:30-12:15 pm</p> <p>Vedic Mantra - Learning the Sri Rudram - Intermediate (w/Suzanne) 3:00-3:30pm</p>	<p>OHM Meditation Teacher Training (w/Suzanne) 11:30-12:15pm</p> <p>Meditation & Vedic Mantra Chanting (w/Ethan) 3:00-3:30pm</p>	<p>OHM Meditation Teacher Training (w/Suzanne) 11:30-12:15pm</p> <p>Tibetan Meditation & Mantra Chanting (w/Gregory) 6:00-6:30pm</p>	<p>OHM Meditation Teacher Training (w/Suzanne) 11:30-12:15pm</p> <p>Guided Meditation for Healing - Amping Up Your Inner Light (w/Suzanne) 1:00-1:30pm - this is a great class for anyone with chronic health issues</p>		

* 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 Meditation Teacher Training: This 45-minute class runs M-F at 11:30 am - 12:15pm. It includes a 20-minute teaching where all the principles of meditation and spirituality are gone through bit by bit, in detail. We often use primary texts for this class as well as cover psychology. Taught 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

BREATHWORK & CHANTING

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 a blessing to the moon 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

OTHER

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.