

In-House Schedule

The OHM Center is a 1-room meditation and wisdom training center located on Manhattan's Upper East Side. We offer a range of classes intended to take you deeper into your relationship with your true inner nature and to a deeper state of relaxation.

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p>Mantra & Meditation (w/Ethan) 5-5:45pm \$25</p> <hr/> <p>Sound Baths (w/Kevin) 6-6:45pm \$35 7-8pm \$40</p> <hr/> <p>SUMMER SPECIAL</p> <p>10 Classes for \$100: -One-time only purchase -Must use in 30 days -Excludes classes over \$45 & Saturday Night @ OHM -Non-transferable</p>	<p>Sound Bath (w/Kevin) 4-4:45pm \$35*</p> <hr/> <p>Meditation for Beginners - OHM Level 1 5:30-6:15pm \$25</p> <hr/> <p>Mantra & Meditation w/Ethan 6:30-7:15 pm \$25</p> <hr/> <p>SPECIAL MONTHLY EVENT: Family Constellation: 8/16 6:30-9pm, \$65</p>	<p>Sound Bath (w/Suzanne, David or Ethan) 12:30-1pm \$25</p> <hr/> <p>Central Column Meditation (w/David) 5-5:45pm \$25</p> <hr/> <p>Group Reiki (w/David) 6:00-6:45pm \$40</p> <hr/> <p>Pyramid Sound Healing Ceremony (w/Suzanne) 7-8pm \$40</p>	<p>Sound Bath (w/Suzanne) 12:30-1pm \$25</p> <hr/> <p>SPECIAL MONTHLY EVENT: Half-Day In-House Detox Retreat (\$250) 1-5:30pm on 8/25</p> <hr/> <p>Meditation for Beginners - OHM Level 1 (w/Steve) 7-7:45 pm \$25</p> <hr/> <p>Zen Meditation (w/Suzanne) 8:00-8:45pm \$25</p>	<p>Mantra & Meditation (w/Ethan) 12:30-1pm \$20</p> <hr/> <p>3-4PM: SLOT FOR PRIVATE GROUPS</p> <hr/> <p>Sound Bath (w/Kevin) 5:00-6:00pm \$40*</p> <hr/> <p>Yoga Nidra (w/Kevin or Suzanne) 6:15-7pm \$25*</p> <hr/> <p>Sound Bath (w/Kevin) 7:15 - 8:00pm \$35*</p>	<p>Sound Baths (w/Kevin) 12-12:45pm \$35 1:15-2pm \$35</p> <hr/> <p>4-5PM: SLOT FOR PRIVATE GROUPS</p> <hr/> <p>Sound Bath (w/Suzanne) 5:30-6:15pm \$35</p> <hr/> <p>Crystal Meditation (w/ Suzanne) 6:30-7pm \$25</p> <hr/> <p>Saturday Night at OHM, 7-8pm Check our Schedule on our website!</p>	<p>Kundalini Yoga (w/Steve) 1-2pm \$30</p> <hr/> <p>Group Reiki (w/David) 3-3:45pm \$40</p> <hr/> <p>SPECIAL MONTHLY EVENT: Gong + Reiki (w/Katilyn & David) /21, 3-4pm, \$65</p> <hr/> <p>Sound Baths (w/Kevin) 4-4:45pm \$35* 5-6pm \$40 *</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:

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

Mantra & Meditation: This 30- or 45-min class includes the chanting of mantras and a brief meditation. Led by Ethan

Zen Meditation: This class includes a 5 minute chant, followed by a silent meditation of 10 minutes, then a 3-minute walking meditation to give your hips and legs a blood flow, finishing with, a 15-minute silent meditation. Led by Suzanne

Central Column Meditation: This is a lying down meditation that uses Hebrew chants to purify the energy and balance the chakras. You will be chanting certain (very short) mantras at different chakras and then you will be guided

BREATHWORK & CHANTING

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.

Breathwork: Our breathwork classes are only on-line at this point. We have a Monday 1-1:30pm Breathwork Express. Join anytime, or join and we can send you the recording for later use.

Online Chanting: We have 4 on-line chanting classes per week. Mon-Wed 3-3:30pm and Thursdays 6-6:30pm.

RELAXATION & HEALING CLASSES (All of these are Lying Down)

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, David Hemenway & Suzanne Hill

Central Column Meditation: This is a lying down meditation that uses Hebrew chants to purify the energy and balance the chakras. You will be chanting certain (very short) mantras at different chakras and then you will be guided through moving the energy throughout your body. Incredibly healing & restoring. Led by David Hemenway

Yoga Nidra: Progressive relaxation done lying down. Great for sleep issues and overwhelming stress.

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.

Half-Day In-House Detox Retreat (\$250)

Kundalini Yoga
(w/Steve)
1-2pm \$30