



OHM CENTER

for Meditation & Healing

MONTHLY SCHEDULE

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



Use QR Code to
Book a Class

- We require socks
- No cell phones in main room
- Reserve in advance to secure a space
- 6-hr Cancellation Policy
- NO REFUNDS, only Credit
- EXTENSIONS on packages, \$30 charge
- Classes over \$50: Not included in 4-for-\$100 but credit can be applied
- IG and YouTube: @ohmcenternyc

Monday

M-F 11:30-12:15pm
on ZOOM:
Spiritual Training
& Meditation
Suzanne \$20

12:30-1:15pm
Lunchtime
Sound Bath
Ethan \$35

6-6:45pm
Mantra Chanting
& Mini-Sound Bath
(Tibetan or
Sanskrit Mantras)
Suzanne \$35

7-8pm
1 Hr Sound Bath
Ethan \$50

9-9:30pm
on ZOOM:
Tibetan Mantra
Ethan \$20 or
monthly

Tuesday

11:30-12:15pm
on ZOOM:
Wisdom Training
& Meditation
Suzanne \$20

12:30-1pm
Stillness +
Healing: A Reiki
Experience
Suzanne \$40

6-6:45pm
Sound Bath
Ethan \$45

7-8:15pm
Third Eye
Activation
Breathwork &
Sound Healing
Reagan & Ethan
\$50 In-Person/
\$35 Zoom

9-9:30pm
on ZOOM:
Tibetan Mantra
Ethan \$20 or
monthly

Wednesday

11:30-12:15pm
on ZOOM:
Wisdom Training
& Meditation
Suzanne \$20

12:30-1:15pm
Lunchtime
Sound Bath
Ethan \$35

6-6:45pm
Stillness +
Healing Reiki
Suzanne \$45
(Not for August)

7-8:15pm
Gentle Hypnosis +
Sound Healing
Suzanne
\$50 In-Person/
\$35 Zoom
(not for August)

7-8pm
60-Minute
Sound Bath
Ethan \$50

9-9:30pm
on ZOOM:
Tibetan
Mantra
Ethan \$20 or
monthly

Thursday

11:30-12:15pm
on ZOOM:
Wisdom Training
& Meditation
Suzanne \$20

August 27, 6:30-8pm
Full Moon Gong
Bath & Energy
Healing
Kaitlyn & Ethan
\$65

August 27th-30th
Elmira 4-Day
Retreat:
Deep Healing
Suzanne
starts at \$1050

6-6:45 pm
Sound Bath
Ethan \$45

7-8 pm
Sound Bath
Ethan \$50

9-9:30pm
on ZOOM:
Chakra
Clearing
Gregory \$20

Friday

11:30-12:15pm
on ZOOM:
Wisdom Training
& Meditation
Suzanne \$20

12:30-1:15pm
Lunchtime
Sound Bath
Ethan \$35

10/22-11/12,
4 Thursdays
1-25pm
OHM Sound
Healing
Certification
Level 1
Suzanne \$1,450
\$1,295 early
bird

2-5pm
AVAILABLE
for PRIVATE
GROUP
SESSIONS

6:30-7:30pm
60-Minute
Sound Bath
Ethan \$50

Saturday

11am-12pm
1 Hr Sound Bath
Ethan \$50

12:15-1pm
Guided Relax &
Mini Sound Bath
Ethan
\$35/In-House
\$25 Zoom

1:15-2pm
45-min Sound
Bath
Ethan \$45



August 15,
4-6pm
Third Eye Chakra
Intensive
Suzanne
\$65 In-Person/
\$39 Zoom

Sunday

9/20-10/25,
6 Sundays
10am-2pm
Breathwork
Certification
Suzanne \$1,450
\$1,295 early
bird

2:30-3:15pm
Mini Mantra &
Sound Healing
Suzanne \$35

4:15-5:15pm
Sound Bath
Aug 16 and 25
Ethan \$50

5:30-6:30pm
Sound Bath
Ethan \$50

9-9:30pm
on ZOOM:
Chakra
Clearing
Gregory \$20