



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
(2-2:30PM ON
Tues Oct. 27th)

6-6:45pm
Meditation
Suzanne \$30

7-8:15pm
Third Eye
Activation
Breathwork &
Sound Healing
Suzanne
\$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

9/16-11/4,
8 Wednesdays
7-8:15pm
7 Obstacles to
Experiencing the
Light
Suzanne
\$50 In-House
\$35 Zoom

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

Thursday

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

4 Thursdays
10/22-11/12
Level 1 Sound
Healing
Training
Suzanne
\$1250

5:30-6:30pm
Breathwork &
Sound Healing
Reagan & Ethan
\$50

7-8pm
Deep Rest:
Sound Bath +
Reiki
Suzanne &
Ethan \$60

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

2-5pm
AVAILABLE
for PRIVATE
GROUP
SESSIONS

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

DEC 19-23,
SAND MANDALA
CREATION BY
TIBETAN MONKS
FROM THE SERA
JAY MONASTERY



Saturday

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

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

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

Oct. 24, 2:30-5pm
Family
Constellations
Workshop
Luisa Muhr
\$85

Oct. 7, 10-6pm
OHM 1-Day Retreat
Suzanne
\$295 Early Bird
\$350 after 10/31

Nov. 21st, 6-9pm
3-Hr Immersive
Breathwork
Journey
Suzanne
\$108

Sunday



4:15-5:15pm
Deep Rest:
Sound Bath
+ Reiki
Suzanne
& Ethan \$60

Oct. 25, 5:30-7pm
Full Moon Gong
Bath & Energy
Healing
Kaitlyn & Ethan
\$65

Nov. 1st, 5:30-7pm
All Souls' Day Gong
Bath & Energy
Healing
Kaitlyn & Ethan
\$65

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