

Free Introductory Programs



Monday, August 28 at 6pm

PERSONAL & PROFESSIONAL COACHING CERTIFICATION TRAINING
Richard Michaels

Monday, September 11 at 6pm

FULL BODY MASSAGE
Patricia Cisarano

Tuesday, September 12 at 6pm

BEGINNER'S YOGA
Alisa Bhatnagar

FLAMENCO
JoDe Romano

INTRODUCTION TO TAOIST MEDITATION AND PHILOSOPHY
Master C.K. Chu

Tuesday, September 12 at 7:45pm

INTRODUCTION TO SHIATSU
Marianne Fuenmayor

Tuesday, September 12 at 8pm

COLLAGE & SELF EXPRESSION
Carolyn Oberst

Wednesday, September 13 at 6pm

DYNAMIC MINDFULNESS MEDITATION
Samuel Kirschner

AN INTRODUCTION TO ARGENTINE DANCE
Mariela Franganillo

KUNDALINI YOGA
Ravi Hari Kaur Khalsa

Thursday, September 14 at 6pm

MEDICAL QIGONG
William Kaplanidis

BELLY DANCING
Safiya

Sunday, September 17 at 6pm

PRANA YOGA TEACHER TRAINING
Jeff Migdow

Monday, September 18 at 8pm

THE STORY OF YOUR LIFE:
ESSENTIALS OF A GOOD MEMOIR
Richard Goodman

Wednesday, September 20 at 8pm

A FOUNDATION YEAR IN CLASSICAL HOMEOPATHY
Susan Sonz

Thursday, September 21 at 8pm

HEALING WITH WHOLE FOODS AND CHINESE
HERBS
Drew DiVittorio

Wednesday, September 27 at 8pm

THE ALEXANDER TECHNIQUE
Hope Martin

Monday, October 16 at 8pm

CONQUER YOUR FEAR OF PUBLIC SPEAKING
& SOCIAL ANXIETY
Charles Di Cagno

Monday, October 21 at 7pm

PERSONAL & PROFESSIONAL COACHING
CERTIFICATION
Richard Michaels

Tuesday, October 31 at 7:45pm

SOUND, CHAKRAS & HEALING
Sri Shyamji Bhatnagar

Tuesday, October 31 at 8pm

PHOTOGRAPHY FINDING YOUR OWN VISION
Seth Greenwald

Wednesday, November 1 at 6pm

SELF-INQUIRY MEDITATION
Thomas Amelio

Thursday, November 2 at 6pm

ETERNAL SPRING CHI KUNG & TAI CHI
Master C.K. Chu

Thursday, November 2 at 7:45pm

GOTTA SING! A VOCAL PERFORMANCE WORKSHOP
Patricia Cisarano & Bobby Harden

Monday, November 6 at 6pm

AWAKENING YOUR TRUE VOICE
Jean McClelland

Monday, November 13 at 6pm

FUNDAMENTALS OF AROMATHERAPY
Linda Tilton

Tuesday, January 9 at 8pm

CLUTTER INTO CLARITY
Debra Schwartz

Thursday, January 11 at 7:45pm

DISCOVERING YOUR SOUL'S WORK
Allie Roth

Pre-registration is encouraged, as space is limited.

*For additional information please call 212-219-2527 x 2 or visit www.opencenter.org
New York Open Center 83 Spring Street New York, NY 10012*