



The Centered Place Yoga Studio

August 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	31 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	1 9 -10:30 am All Levels	2 5:30 – 7 pm All Levels	3 9 -10:30 am All Levels 7:30 – 9 pm All Levels	4 9 -10:30 am Deeper	5 9 -10:30 am All Levels
6	7 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	8 9 -10:30 am All Levels	9 5:30 – 7 pm All Levels	10 9 -10:30 am All Levels 7:30 – 9 pm All Levels	11 9 -10:30 am Deeper	12 No class: Staff on Retreat with Swami Nirmalananda
13	14 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	15 9 -10:30 am All Levels	16 5:30 – 7 pm All Levels	17 9 -10:30 am All Levels 7:30 – 9 pm All Levels	18 9 -10:30 am Deeper	19 9 -10:30 am All Levels
20	21 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	22 9 -10:30 am All Levels	23 5:30 – 7 pm All Levels	24 9 -10:30 am All Levels 7:30 – 9 pm All Levels	25 9 -10:30 am Deeper	26 9 -10:30 am All Levels
27	28 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	29 9 -10:30 am All Levels	30 5:30 – 7 pm All Levels	31 9 -10:30 am All Levels 7:30 – 9 pm All Levels	1 9 -10:30 am Deeper	2 Studio closed through Labor Day

Notes

Parking Reminder: Pull up to make room for others to park behind you. Thanks for your support!

Coming Up in September:

Meditation Class with Phil: Tuesday evenings, September 12, 19, and October 3, 7 to 9 pm

Sunday Afternoon Immersion with Lissa (Yogeshwari) Fountain September 17: A Focus on Standing Poses