



The Centered Place Yoga Studio

November 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	30	31	1 5:30 – 7 pm All Levels	2 9 -10:30 am All Levels 7:30 – 9 pm All Levels	3 9 -10:30 am Deeper	4 9 -10:30 am All Levels 2 – 4 pm Free Newcomers
5 9:00 – Noon Neck & Shoulders (\$65) 1:30 – 4:30 Settle into Your Heart (\$65)	6 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper →	7 9 -10:30 am All Levels New time: 5:30 – 7 pm Deeper	8 5:30 – 7 pm All Levels	9 9 -10:30 am All Levels 7:30 – 9 pm All Levels	10 9 -10:30 am Deeper	11 9 -10:30 am All Levels
12	13 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper →	14 9 -10:30 am All Levels 5:30 – 7 pm Deeper	15 5:30 – 7 pm All Levels	16 9 -10:30 am All Levels 7:30 – 9 pm All Levels	17 9 -10:30 am Deeper	18 9 -10:30 am All Levels 1 – 3 pm Bliss Class \$22
19	20 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper →	21 9 -10:30 am All Levels 5:30 – 7 pm Deeper	22 No class: Holiday	23 No classes: Happy Thanksgiving	24 9 -10:30 am Deeper	25 9 -10:30 am All Levels
26	27 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper →	28 9 -10:30 am All Levels 5:30 – 7 pm Deeper	29 5:30 – 7 pm All Levels	30 9 -10:30 am All Levels 7:30 – 9 pm All Levels	1 9 -10:30 am Deeper	2 9 -10:30 am All Levels 2 – 4 pm Free Newcomers

Notes

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

Coming Up in December:

Meditation Day, Sunday December 3, 9:00 to 6:00

Early rate (\$161) deadline November 26. After then, \$181. Register at:

<http://svaroopa.org/meditation-day-warren-ma-171203>