



The Centered Place Yoga Studio

October 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	3 9 -10:30 am All Levels	4 5:30 – 7 pm All Levels	5 9 -10:30 am All Levels 7:30 – 9 pm All Levels	6 9 -10:30 am Deeper	7 9 -10:30 am All Levels 2 – 4 pm Free Newcomers
8	9 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	10 9 -10:30 am All Levels	11 5:30 – 7 pm All Levels	12 9 -10:30 am All Levels 7:30 – 9 pm All Levels	13 9 -10:30 am Deeper	14 9 -10:30 am All Levels
15 1:30 – 4:30 pm Shavasana: The Art of Leaning Back into Your Most Relaxed State (\$65)	16 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	17 9 -10:30 am All Levels	18 5:30 – 7 pm All Levels	19 9 -10:30 am All Levels 7:30 – 9 pm All Levels	20 9 -10:30 am Deeper	21 9 -10:30 am All Levels 1 – 3 pm Bliss Class \$22
22	23 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	24 9 -10:30 am All Levels	25 5:30 – 7 pm All Levels	26 9 -10:30 am All Levels 7:30 – 9 pm All Levels	27 9 -10:30 am Deeper	28 9 -10:30 am All Levels
29	30 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	31 9 -10:30 am All Levels	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

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

Notes

Coming Up in November:

Sunday Workshops with Lissa (Yogeshwari) Fountain November 5
 9 to 12: Free Your Neck and Shoulders (\$65)
 1:30 to 4:30: Settle into the Vastness of your Heart (\$65)
 Two separate workshops: take either one, or take both (\$120)