

# April 2023

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	29 5 – 6:30 pm All Levels	30 9 – 10:30 am All Levels	31 10 – 11:30 am Experienced	1 10 – 11:30 am All Levels
2	3 5:30 – 7 pm All Levels	4 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 5 – 6:30 pm All Levels Happy Passover	6 9 – 10:30 am All Levels	7 10 – 11:30 am Experienced	8 10 – 11:30 am All Levels
9 Happy Easter	10 5:30 – 7 pm All Levels	11 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	12 5 – 6:30 pm All Levels	13 9 – 10:30 am All Levels	14 10 – 11:30 am Experienced	15 10 – 11:30 am All Levels
16	17 5:30 – 7 pm All Levels	18 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	19 5 – 6:30 pm All Levels	20 9 – 10:30 am All Levels	21 10 – 11:30 am Experienced	22 10 – 11:30 am All Levels Earth Day
23/30	24 5:30 – 7 pm All Levels	25 9-10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	26 5 – 6:30 pm All Levels	27 9 – 10:30 am All Levels	28 10 – 11:30 am Experienced	29 10 – 11:30 am All Levels

Class Fees	In-Studio Classes		Zoom Classes	
	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes
One class	\$20	\$25	\$18	\$23
4 classes	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
8 classes	\$136 (Retired Sr: \$122.40)	\$160 (Retired Sr: \$144.00)	\$112 (Retired Sr: \$100.80)	\$144 (Retired Sr: \$129.60)

Please register for classes. Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace). Thank you!

“Nobody wants to be weak or bedridden. Nobody wants dementia. We all want to be hale and hearty, able to respond and to contribute to life, right up to the end. Fortunately, yoga and meditation help with this...” ~ Swami Nirmalananda