

# April 2024

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 5:30 – 7 pm All Levels	2 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	3 5 – 6:30 pm All Levels	4 9 – 10:30 am All Levels (No Zoom) 5:00 – 7:00 pm Deepen	5 10 – 11:30 am Experienced	6 10 – 11:30 am All Levels
7	8 5:30 – 7 pm All Levels	9 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	10 5 – 6:30 pm All Levels	11 9 – 10:30 am All Levels (No Zoom) 5:00 – 7:00 pm Deepen	12 10 – 11:30 am Experienced	13 10 – 11:30 am All Levels
14	15 5:30 – 7 pm All Levels Patriot's Day 	16 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	17 5 – 6:30 pm All Levels	18 9 – 10:30 am All Levels (No Zoom) 5:00 – 7:00 pm Deepen	19 10 – 11:30 am Experienced	20 10 – 11:30 am All Levels
21	22 5:30 – 7 pm All Levels Earth Day Passover	23 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	24 5 – 6:30 pm All Levels	25 9 – 10:30 am All Levels (No Zoom)	26 10 – 11:30 am Experienced Arbor Day 	27 10 – 11:30 am All Levels
28	29 5:30 – 7 pm All Levels (Onsite only - No Zoom)	30 9-10:30 All Levels 6:30-8:30 pm Yoga+Meditation	1 5 – 6:30 pm All Levels	2 9 – 10:30 am All Levels (No Zoom)	3 10 – 11:30 am Experienced	4 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), PayPal (paypal.me/TheCenteredPlace), or Zelle (philmilgrom@comcast.net). Thank you!

\* Deepen Your Meditation course, five-class meetings began March 21

“You are more than your body. You are more than your mind... To know the ‘more’ that you are, you must quiet and calm your mind.” ~ Swami Nirmalananda