


# April 2025

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 4 – 5:30 pm Bliss Class	31 5:30 – 7 pm All Levels	1 9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	2 5 – 6:30 pm All Levels  8:30 - 9 pm Shavasana/Ujjayi*	3 9 – 10:30 am All Levels †	4 10 – 11:30 am Experienced	5 10 – 11:30 am All Levels
6 4 – 5:30 pm Bliss Class	7 5:30 – 7 pm All Levels	8 9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	9 5 – 6:30 pm All Levels  8:30 - 9 pm Shavasana/Ujjayi*	10 9 – 10:30 am All Levels †	11 10 – 11:30 am Experienced	12 10 – 11:30 am All Levels  <b>Passover Begins</b>
13 4 – 5:30 pm Bliss Class	14 5:30 – 7 pm All Levels	15 9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	16 5 – 6:30 pm All Levels  8:30 - 9 pm Shavasana/Ujjayi*	17 9 – 10:30 am All Levels †  6:30 – 8 pm Bliss Class (new)	18 10 – 11:30 am Experienced	19 10 – 11:30 am All Levels
20 No Bliss Class: Easter Sunday 	21 5:30 – 7 pm All Levels  Patriot's Day	22 9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation <b>Earth Day</b>	23 5 – 6:30 pm All Levels  8:30 - 9 pm Shavasana/Ujjayi*	24 9 – 10:30 am All Levels †  6:30 – 8 pm Bliss Class (new)	25 10 – 11:30 am Experienced  Arbor Day	26 10 – 11:30 am All Levels
27 4 – 5:30 pm Bliss Class	28 5:30 – 7 pm All Levels	29 9–10:30 All Levels  6:30-8:30 pm Yoga+Meditation	30 5 – 6:30 pm All Levels  8:30 - 9 pm Shavasana/Ujjayi*	1 9 – 10:30 am All Levels †  6:30 – 8 pm Bliss Class (new)	2 10 – 11:30 am Experienced	3 10 – 11:30 am All Levels

	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, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

\* Shavasana/Ujjayi Wednesday 30-minute 8:30 pm sessions are free with optional donations accepted (for our Fundraiser).

† Thursday 9 am classes are Onsite only (no Zoom)

*“You are growing into Self: Peace turns into clarity, which deepens into being centered and grounded even in the midst of life’s craziness.” ~ Swami Nirmalananda*