

April 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels (no Zoom) <i>Passover</i>	10 – 11:30 am Experienced <i>Good Friday</i>	10 – 11:30 am All Levels
5 <i>Happy Easter</i> 	6	7	8	9	10	11
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels (no Zoom)	10 – 11:30 am Experienced	10 – 11:30 am All Levels
12	13	14	15	16	17	18
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels (no Zoom)	10 – 11:30 am Experienced	10 – 11:30 am All Levels
19	20	21	22	23	24	25
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels <i>Earth Day</i> 	9 – 10:30 am All Levels (no Zoom)	10 – 11:30 am Experienced	10 – 11:30 am All Levels
26	27	28	29	30	1	2
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels (no Zoom)	Studio Closed Staff Retreat	Studio Closed Staff Retreat

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

Bottom line, if you don't invest time and energy into optimizing your body's condition, you will spend lots of time dealing with diagnoses...Fortunately, yoga poses and meditation accelerate your healing process, no matter what your diagnosis may be. And if you have no diagnoses (hooray!), your practices ... will support your inward expansion into your own Self." ~ Swami Nirmalananda