



The Centered Place Yoga Studio

August 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
29	30 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	31 9 -10:30 am All Levels 6:30 – 8 pm Relaxation Plus (1st of 5 for \$80)	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
5	6 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	7 9 -10:30 am All Levels 6:30 – 8 pm Relaxation Plus (2nd of 5 for \$80)	8 5:30 – 7 pm All Levels	9 9 -10:30 am All Levels 7:30 – 9 pm All Levels	10 9 -10:30 am Deeper	11 9 -10:30 am All Levels
12	13 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	14 9 -10:30 am All Levels 6:30 – 8 pm Relaxation Plus (3rd of 5 for \$80)	15 5:30 – 7 pm All Levels	16 9 -10:30 am All Levels 7:30 – 9 pm All Levels	17 9 -10:30 am Deeper	18 9 -10:30 am All Levels
19	20 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	21 9 -10:30 am All Levels 6:30 – 8 pm Relaxation Plus (4th of 5 for \$80)	22 5:30 – 7 pm All Levels	23 9 -10:30 am All Levels 7:30 – 9 pm All Levels	24 9 -10:30 am Deeper	25 9 -10:30 am All Levels
26	27 5:30 – 7 pm All Levels 7:30 – 9 pm Deeper	28 9 -10:30 am All Levels 6:30 – 8 pm Relaxation Plus (5th of 5 for \$80)	29 5:30 – 7 pm All Levels	30 9 -10:30 am All Levels 7:30 – 9 pm All Levels	31 9 -10:30 am Deeper	1 Holiday Studio Closed

Notes

During hot weather, bring a large beach towel to cover the blankets you lie on.

Note that during the hottest days, we are able to keep the studio temperature pleasant enough. But if you are uncomfortable with the heat outside, stay home. We'll extend the expiration date on your class card accordingly.

Studio closed Labor Day weekend, Saturday September 1 through Monday September 3