

August 2022



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 5:30 – 7 pm All Levels	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 7 – 8:30 pm Experienced	5 10 – 11:30 am Experienced	6 10 – 11:30 am All Levels
7 5:30 – 7 pm All Levels	8 5:30 – 7 pm All Levels	9 Studio Closed	10 Studio Closed	11 Studio Closed	12 Studio Closed	13 10 – 11:30 am All Levels
14 5:30 – 7 pm All Levels	15 5:30 – 7 pm All Levels	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 7 – 8:30 pm Experienced	19 10 – 11:30 am Experienced	20 10 – 11:30 am All Levels
21 5:30 – 7 pm All Levels	22 5:30 – 7 pm All Levels	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 7 – 8:30 pm Experienced	26 10 – 11:30 am Experienced	27 10 – 11:30 am All Levels
28 5:30 – 7 pm All Levels	29 5:30 – 7 pm All Levels	30 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	31 5 – 6:30 pm All Levels	1 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	2 Studio Closed	3 Studio Closed

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
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. Thank you. Studio closed August 9 – 12 and September 2 – 10.

Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace).

“Discovering the light and bliss of your own Being makes you free from the old patterns. The new patterns that emerge are Divine emotions [compassion, love, gratitude, joy...]. They fill your heart and mind, so your first impulse is compassion and understanding toward others. You even treat yourself differently.” ~ Swami Nirmalananda