

August 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	3 9 – 10:30 am All Levels	4 10 – 11:30 am Experienced	5 10 – 11:30 am All Levels
6	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	10 9 – 10:30 am All Levels	11 10 – 11:30 am Experienced	12 10 – 11:30 am All Levels
13	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	17 9 – 10:30 am All Levels	18 10 – 11:30 am Experienced	19 10 – 11:30 am All Levels
20	21 5:30 – 7 pm All Levels	22 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation*	23 5 – 6:30 pm All Levels	24 9 – 10:30 am All Levels	25 10 – 11:30 am Experienced	26 10 – 11:30 am All Levels
27 S.O.N.G.- stock Music Fest, Brimfield Vt	28 Studio Closed for Staff Vacation	29 Studio Closed for Staff Vacation	30 Studio Closed for Staff Vacation	31 Studio Closed for Staff Vacation	1 Studio Closed for Staff Vacation	2 Studio Closed for Staff Vacation thru Labor Day

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)

* Starting in September, the Yoga + Meditation class will meet Thursday evenings instead until January.

Please register for classes. Thank you.

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

“While yoga poses and yogic breathing improve your body, the most delicious effect is on your mind. It begins with inner bliss. It develops into ongoing peace and inner spaciousness.” ~ Swami Nirmalananda