

# August 2025

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	5:30 – 7 pm All Levels	9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
3	4	5	6	7	8	9
	5:30 – 7 pm All Levels	9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
10	11	12	13	14	15	16
	5:30 – 7 pm All Levels	9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
17	18	19	20	21	22	23
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	<b>No Class – We're at Eagle Hill Health &amp; Wellness Fair in Hardwick, MA</b>
24/31	25	26	27	28	29	30
	5:30 – 7 pm All Levels	9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	<b>Labor Day Holiday Weekend</b>

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!

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

*“Peace is not something you add to your life; peace is your underlying nature. You have to uncover it... All the yogic methodologies work on... melting your negativities and freeing you from your fears. Then you are able to experience inner peace and a sense of balance that supports you.”*  
~ Swami Nirmalananda

