

August 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels	29 5 – 6:30 pm All Levels	30	31 10 – 11:30 am Experienced	1 10 – 11:30 am All Levels
2	3 5:30 – 7 pm All Levels	4 9 – 10:30 All Levels	5 5 – 6:30 pm All Levels	6	7 10 – 11:30 am Experienced	8 10 – 11:30 am All Levels
9	10 5:30 – 7 pm All Levels	11 9 – 10:30 All Levels	12 5 – 6:30 pm All Levels	13	14 10 – 11:30 am Experienced	15 10 – 11:30 am All Levels
16	17 5:30 – 7 pm All Levels	18 9 – 10:30 All Levels	19 5 – 6:30 pm All Levels	20	21 10 – 11:30 am Experienced	22 Studio Closed for Short Vacation
23 Studio Closed for Short Vacation	24 Studio Closed for Short Vacation	25 Studio Closed for Short Vacation	26 Studio Closed for Short Vacation	27	28 10 – 11:30 am Experienced	29 10 – 11:30 am All Levels

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)

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

“Once you have found your inherent Divinity, there’s no seeking anymore. Easy and deep, you settle into Self, deeper than your mind... This is a blissful state of deep ease and independent bliss... [Y]our love embraces all that exists. Divine love flow[s] through you...”
~ Swami Nirmalananda