

December 2021



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	30 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	1 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	2 9-10:30 am All Levels 7:00–8:30 pm Experienced	3 10–11:30 am Experienced	4 10–11:30 am All Levels
5	6 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	7 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	8 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	9 9-10:30 am All Levels 7:00–8:30 pm Experienced	10 10–11:30 am Experienced	11 9–10:30 am All Levels *
12	13 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	14 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	15 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	16 9-10:30 am All Levels 7:00–8:30 pm Experienced	17 10–11:30 am Experienced	18 10–11:30 am All Levels
19	20 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	21 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	22 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	23 9-10:30 am All Levels 7:00–8:30 pm Experienced	24 Studio closed <i>Happy Holidays</i>	25 Studio closed <i>Happy Holidays</i>
26	27 Studio closed <i>Happy Holidays</i>	28 Studio closed <i>Happy Holidays</i>	29 Studio closed <i>Happy Holidays</i>	30 Studio closed <i>Happy Holidays</i>	31 Studio closed <i>Happy Holidays</i>	1 Studio closed <i>Happy Holidays</i>

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)

All other classes can be attended in the studio or via Zoom. Please register for classes. Thank you. Monday & Wednesday Shavasana/Ujjayi Relaxation classes are free. Studio reopens for 2022 on Monday, January 3

* This particular Saturday, class starts an hour earlier because Nancy and Phil have to get to a meeting in Marlboro that starts at 11:30.

“During this season of celebration and gift-giving, whether for Christmas or Hanukkah, Diwali, Kwanza or the solstice, remember your own light. Beyond mere remembrance, discover your own light! Do more yoga, so you can know the light that you are.” ~ Swami Nirmalananda