

# December 2022

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 5:30 – 7 pm All Levels	29 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	30 5 – 6:30 pm All Levels	1 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	2 10 – 11:30 am Experienced	3 10 – 11:30 am Experienced
4	5 5:30 – 7 pm All Levels	6 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	7 5 – 6:30 pm All Levels	8 9 – 10:30 am All Levels No 7:30 class (Phil teaches for Warren Library)	9 10 – 11:30 am Experienced	10 9 – 10:30 am All Levels (earlier start just today)
11	12 5:30 – 7 pm All Levels	13 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	14 5 – 6:30 pm All Levels	15 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	16 10 – 11:30 am Experienced	17 10 – 11:30 am All Levels
18 Happy Hanukkah	19 5:30 – 7 pm All Levels	20 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	21 5 – 6:30 pm All Levels Winter Solstice	22 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	23 10 – 11:30 am Experienced	24 Studio Closed ~ Happy Holidays!
25 Merry Christmas	26 Studio Closed Happy Kwanzaa	27 Studio Closed ~ Happy Holidays!	28 Studio Closed ~ Happy Holidays!	29 Studio Closed ~ Happy Holidays!	30 Studio Closed ~ Happy Holidays!	31 Studio Closed ~ Happy Holidays! Happy New Year →

**Classes Resume Monday January 9**

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)

Please register for classes. Thank you.

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

*“When you find that infinite realm within, anchor yourself there, even while you open your eyes. Then capital-S Self fuels your day, even fuels your life. Your own small-s self shines with the light of capital-S Self. Now you are being the Divine Being that you already are.”*

~ Swami Nirmalananda