

# December 2023

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 5:30 – 7 pm All Levels	29 9 – 10:30 All Levels	30 5 – 6:30 pm All Levels	31 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	1 10 – 11:30 am Experienced	2 The 10:00 am class is moved to Sunday; staff meeting Saturday
3 10 – 11:30 am All Levels	4 5:30 – 7 pm All Levels	5 9 – 10:30 All Levels	6 5 – 6:30 pm All Levels	7 Happy Hanukkah 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	8 10 – 11:30 am Experienced	9 10 – 11:30 am All Levels
10 10 – 11:30 am All Levels +	11 5:30 – 7 pm All Levels	12 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation*	13 5 – 6:30 pm All Levels [On site only – no Zoom]	14 9 – 10:30 am All Levels [On site only – no Zoom] No evening class	15 10 – 11:30 am Experienced [On site only – no Zoom]	16 10 – 11:30 am All Levels [On site only – no Zoom]
17	18 5:30 – 7 pm All Levels	19 9 – 10:30 All Levels	20 5 – 6:30 pm All Levels	21 9 – 10:30 am All Levels 6:30-8:00 pm Solstice Meditation Satsang (open to all)	22 10 – 11:30 am Experienced	23 10 – 11:30 am All Levels
24/31  Happy New Year's Eve	25 Merry Christmas 	26 Studio closed for Holidays Kwanzaa Begins	27 Studio closed for Holidays	28 Studio closed for Holidays	29 Studio closed for Holidays	30 Studio closed for Holidays

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 January, the Yoga + Meditation class meets Tuesday evenings again.

Studio reopens Saturday January 6

Please register for classes. Thank you.

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

"Yoga makes you able to settle deeper into your own Beingness, so your essence shines into the world like the full moon lights up the night." — Swami Nirmalananda