

# December 2024

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 – 4 pm Bliss Class	2 5:30 – 7 pm All Levels	3 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	4 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi	5 9 – 10:30 am All Levels (no Zoom)	6 10 – 11:30 am Experienced	7 <b>No Class</b>
8 2:30 – 4 pm Bliss Class	9 5:30 – 7 pm All Levels	10 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	11 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi	12 9 – 10:30 am All Levels (no Zoom)	13 10 – 11:30 am Experienced	14 10 – 11:30 am All Levels
15 2:30 – 4 pm Bliss Class	16 5:30 – 7 pm All Levels	17 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	18 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi	19 9 – 10:30 am All Levels (no Zoom)	20 10 – 11:30 am Experienced	21 10 – 11:30 am All Levels 6:30 – 8 pm Winter Solstice Gathering
22 2:30 – 4 pm Bliss Class	23 5:30 – 7 pm All Levels	24 Studio Closed for the Holidays	25 <b>Merry Christmas; Happy Chanukkah</b>	26 Studio Closed for the Holidays	27 Studio Closed for the Holidays	28 Studio Closed for the Holidays
29 Studio Closed for the Holidays	30 Studio Closed for the Holidays	31 Studio Closed for the Holidays	1 <b>Happy New Year!</b>	2 9 – 10:30 am All Levels (no Zoom)	3 10 – 11:30 am Experienced	4 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
	<b>One class</b>	\$20	\$25	\$18	\$23
	<b>4 classes</b>	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
	<b>8 classes</b>	\$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!

Bliss class on Sundays and Shavasana/Ujjayi sessions on Wednesday are free. Donations accepted for fundraiser.

*“As a yogi, you must take care of your inner state; you don’t have to fix anyone else... Yoga’s goal is enlightenment, meaning you live in the radiant light of your own being... Everyone around you benefits. So do you.” ~ Swami Nirmalananda*