

# December 2025

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	1 5:30 – 7 pm All Levels	2 Studio Closed – Staff Retreat	3 Studio Closed – Staff Retreat	4 Studio Closed – Staff Retreat	5 Studio Closed – Staff Retreat	6 Studio Closed – Staff Retreat
7	8 Studio Closed – Staff Retreat	9 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	10 5 – 6:30 pm All Levels	11 9 – 10:30 am All Levels †	12 10 – 11:30 am Experienced	13 10 – 11:30 am All Levels
14 <i>Happy Hanukkah</i>	15 5:30 – 7 pm All Levels	16 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	17 5 – 6:30 pm All Levels	18 9 – 10:30 am All Levels †	19 10 – 11:30 am Experienced	20 10 – 11:30 am All Levels
21 <i>Winter Solstice</i>	22 5:30 – 7 pm All Levels	23 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	24 Studio Closed - <i>Merry Christmas</i>	25 Studio Closed - <i>Merry Christmas</i>	26 Studio Closed for <i>Holidays</i>	27 Studio Closed for <i>Holidays</i>
28	29 Studio Closed for <i>Holidays</i>	30 Studio Closed for <i>Holidays</i>	31 Studio Closed for <i>Holidays</i>	1 Studio Closed - <i>Happy New Year</i>	2 Studio Closed for <i>Holidays</i>	3 Studio Closed for <i>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	\$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. Pay by check, cash, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

† Thursday 9 am classes are Onsite only (no Zoom); all other classes are offered onsite and via Zoom

"The light that must be found is inside your Self. You don't merely find that light — you are that light. Finding it is not just a survival tool for the holidays; it is a life skill that will be needed in the New year and every day... You can travel all over the world, select the perfect gifts for all the people on your list, but it will all be meaningless if you do not find the inner light that is your essence and being. You must...."

~ Swami Nirmalananda

