

February 2024

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 5:30 – 7 pm All Levels	29 5:30 – 7 pm All Levels	30 9 – 10:30 All Levels 6:30 – 8:30 pm Deepen Your Meditation*	31 5 – 6:30 pm All Levels	1 9 – 10:30 am All Levels (No Zoom)	2 10 – 11:30 am Experienced 	3 10 – 11:30 am All Levels
4 5:30 – 7 pm All Levels	5 5:30 – 7 pm All Levels	6 9 – 10:30 All Levels 6:30 – 8:30 pm Deepen Your Meditation*	7 5 – 6:30 pm All Levels	8 9 – 10:30 am All Levels (No Zoom)	9 10 – 11:30 am Experienced	10 10 – 11:30 am All Levels
11 5:30 – 7 pm All Levels	12 5:30 – 7 pm All Levels	13 9 – 10:30 All Levels 6:30 – 8:30 pm Deepen Your Meditation*	14 5 – 6:30 pm All Levels 	15 9 – 10:30 am All Levels (No Zoom)	16 10 – 11:30 am Experienced	17 10 – 11:30 am All Levels
18 5:30 – 7 pm All Levels	19 5:30 – 7 pm All Levels	20 9 – 10:30 All Levels	21 5 – 6:30 pm All Levels	22 9 – 10:30 am All Levels (No Zoom)	23 10 – 11:30 am Experienced	24 10 – 11:30 am All Levels
25 5:30 – 7 pm All Levels	26 5:30 – 7 pm All Levels	27 9 – 10:30 All Levels 6:30 – 8:30 pm Deepen Your Meditation*	28 5 – 6:30 pm All Levels	29 9 – 10:30 am All Levels (No Zoom)	1 10 – 11:30 am Experienced	2 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
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, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace). Thank you!
 * Deepen Your Meditation course began in January and ends Feb 27th (unless snow postpones a class). New offering starts March 21.

“Yoga’s specialty is the opening inward to your inherent fullness, wholeness and holiness...
 You truly are more than you think you are.”

~ Swami Nirmalananda