



February 2025

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 	3 5:30 – 7 pm All Levels	4 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	6 9 – 10:30 am All Levels (no Zoom)	7 10 – 11:30 am Experienced Meditation 101 6:00 – 8:00 (2)*	8 10 – 11:30 am All Levels
9 4:00 – 5:30 pm Bliss Class	10 5:30 – 7 pm All Levels	11 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	12 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	13 9 – 10:30 am All Levels (no Zoom)	14 10 – 11:30 am Experienced 	15 10 – 11:30 am All Levels
16 2:30 – 4 pm Bliss Class*	17 5:30 – 7 pm All Levels President's Day	18 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	19 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	20 9 – 10:30 am All Levels (no Zoom)	21 10 – 11:30 am Experienced Meditation 101 6:00 – 8:00 (3)*	22 10 – 11:30 am All Levels
23 2:30 – 4 pm Bliss Class*	24 5:30 – 7 pm All Levels	25 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	26 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	27 9 – 10:30 am All Levels (no Zoom)	28 10 – 11:30 am Experienced Ramadan Begins	1 10 – 11:30 am All Levels

	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)

Class Fees

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!

* Fees for Bliss class on Sundays are sliding scale: \$15 - \$20 each. Please register prior to each class you want to attend. Shavasana/Ujjayi Wednesday sessions are free with optional donations accepted (for our Fundraiser). Meditation 101 is a three-week course for \$90 (6 hours total). The schedule for these classes has been revised since January.

“Your Yoga makes you more centered and peaceful, calmer, happier and more creative.”
~ Swami Nirmalananda