

February 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:30 – 7 pm All Levels	2 5:30 – 7 pm All Levels	3 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	4 5 – 6:30 pm All Levels	5 9 – 10:30 am All Levels †	6 10 – 11:30 am Experienced	7 10 – 11:30 am All Levels
8 5:30 – 7 pm All Levels	9 5:30 – 7 pm All Levels	10 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	11 5 – 6:30 pm All Levels	12 9 – 10:30 am All Levels †	13 10 – 11:30 am Experienced	14 10 – 11:30 am <i>Happy</i> <i>Day</i>
15 5:30 – 7 pm All Levels <i>Presidents Day</i>	16 5:30 – 7 pm All Levels	17 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	18 5 – 6:30 pm All Levels	19 9 – 10:30 am All Levels †	20 10 – 11:30 am Experienced	21 10 – 11:30 am All Levels
22 5:30 – 7 pm All Levels	23 5:30 – 7 pm All Levels	24 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	25 5 – 6:30 pm All Levels	26 9 – 10:30 am All Levels †	27 10 – 11:30 am Experienced	28 10 – 11:30 am All Levels
1 5:30 – 7 pm All Levels	2 5:30 – 7 pm All Levels	3 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	4 5 – 6:30 pm All Levels	5 9 – 10:30 am All Levels †	6 10 – 11:30 am Experienced	7 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, 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)

Spiritual practitioners have a better quality of life. They experience less depression and live longer. They have better health outcomes.

– Gurudevi Nirmalananda