

# January 2022



## The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>H</b>	<b>o</b>	<b>l</b>	<b>i</b>	<b>d</b>	<b>a</b>	<b>y</b> <sup>1</sup>
<sup>2</sup>	<sup>3</sup>	<sup>4</sup>	<sup>5</sup>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup>
<b>B</b>	<b>r</b>	<b>e</b>	<b>a</b>	<b>k</b>		
<sup>9</sup>	<sup>10</sup>	<sup>11</sup>	<sup>12</sup>	<sup>13</sup>	<sup>14</sup>	<sup>15</sup>
	5:30 – 7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	10 – 11:30 am All Levels
<sup>16</sup>	<sup>17</sup>	<sup>18</sup>	<sup>19</sup>	<sup>20</sup>	<sup>21</sup>	<sup>22</sup>
	5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	9 – 10:30 am All Levels 7 – 9:00 pm Meditation (1 of 3)	10 – 11:30 am Experienced	10 – 11:30 am All Levels
<sup>23/30</sup>	<sup>24</sup>	<sup>25</sup>	<sup>26</sup>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup>
	5:30–7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	9–10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	9 – 10:30 am All Levels 7 – 9:00 pm Meditation (2 of 3)	10 – 11:30 am Experienced	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. Thank you. Monday & Wednesday Shavasana/Ujjayi Relaxation classes are free.

Meditation class is three Thursday nights starting January 20. \$90 onsite/\$75 Zoom 10% discount if you have taken the course before.

*“Yoga is about finding your own mystical essence all the time, all twelve months of the year. To find, to know and to be that Divine Being which you already are...you don’t have to wait for holidays, for every day is a holy day.” ~ Swami Nirmalananda*