

January 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Studio Closed for Holiday Break	Studio Closed for Holiday Break	Studio Closed for Holiday Break	Studio Closed for Holiday Break	Studio Closed for Holiday Break	Studio Closed for Holiday Break
8	9	10	11	12	13	14
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels	10 – 11:30 am Experienced	10 – 11:30 am All Levels
15	16	17	18	19	20	21
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels	10 – 11:30 am Experienced	10 – 11:30 am All Levels
22	23	24	25	26	27	28
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels	10 – 11:30 am Experienced	10 – 11:30 am All Levels
29	30	31	1	2	3	4
	5:30 – 7 pm All Levels	9–10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels	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
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!

“Your task is to first find the Divine in your own Self, then to see God shining through, as all that exists.” ~ Swami Nirmalananda