

# January 2024

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 No classes <i>Happy New Year!</i>	2 No classes	3 No classes	4 No classes	5 No classes	6 No classes
7	8 5:30 – 7 pm All Levels	9 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	10 5 – 6:30 pm All Levels	11 9 – 10:30 am All Levels (No Zoom)	12 10 – 11:30 am Experienced	13 10 – 11:30 am All Levels
14	15 5:30 – 7 pm All Levels <i>MELK Day</i>	16 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	17 5 – 6:30 pm All Levels	18 9 – 10:30 am All Levels (No Zoom)	19 10 – 11:30 am Experienced	20 10 – 11:30 am All Levels
21	22 5:30 – 7 pm All Levels	23 9 – 10:30 All Levels 6:30 – 8:30 pm Deepen Your Meditation*	24 5 – 6:30 pm All Levels	25 9 – 10:30 am All Levels (No Zoom)	26 10 – 11:30 am Experienced	27 10 – 11:30 am All Levels
28	29 5:30 – 7 pm All Levels	30 9–10:30 All Levels 6:30 – 8:30 pm Deepen Your	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

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. Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace). Thank you!

\* Deepen Your Meditation course, five-class meetings Jan 23 – Feb 27 (skip Feb 20), \$135 (\$125 if paid by Jan 12)

“When you base yourself in the deeper dimensions of your own being, bliss is ever arising. Your neediness and fear disappear as though they never existed, like dark disappears when you light a candle flame. Now powered by Consciousness, you have lots to give.

~ Swami Nirmalananda