

January 2025

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Studio Closed for the Holidays	30 Studio Closed for the Holidays	31 Studio Closed for the Holidays	1 Happy New Year	2 9 – 10:30 am All Levels (no Zoom)	3 10 – 11:30 am Experienced	4 10 – 11:30 am All Levels
5	6 5:30 – 7 pm All Levels	7 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	8 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	9 9 – 10:30 am All Levels (no Zoom) Honoring Jimmy Carter	10 10 – 11:30 am Experienced	11 10 – 11:30 am All Levels
12	13 5:30 – 7 pm All Levels	14 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	15 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	16 9 – 10:30 am All Levels (no Zoom)	17 10 – 11:30 am Experienced	18 10 – 11:30 am All Levels
19 2:30 – 4 pm Bliss Class*	20 5:30 – 7 pm All Levels Martin Luther King Day	21 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	22 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	23 9 – 10:30 am All Levels (no Zoom)	24 10 – 11:30 am Experienced Meditation 101 6:00 – 8:00 (1)*	25 10 – 11:30 am All Levels
26 2:30 – 4 pm Bliss Class*	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	29 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	30 9 – 10:30 am All Levels (no Zoom)	31 10 – 11:30 am Experienced Meditation 101 6:00 – 8:00	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 third class is Friday February 7.

“Your essence (your Self) is pure, perfect, whole and complete... Your essence is the source of full and complete satisfaction. Be that which you already are.” ~ Swami Nirmalananda